

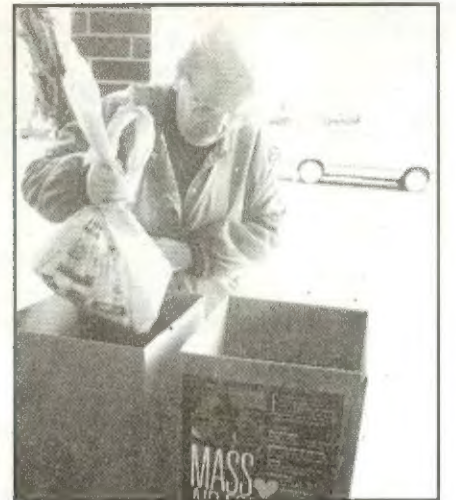
# VALLEY Optimist MAGAZINE

## FREE

VOLUME 3 • NUMBER 19

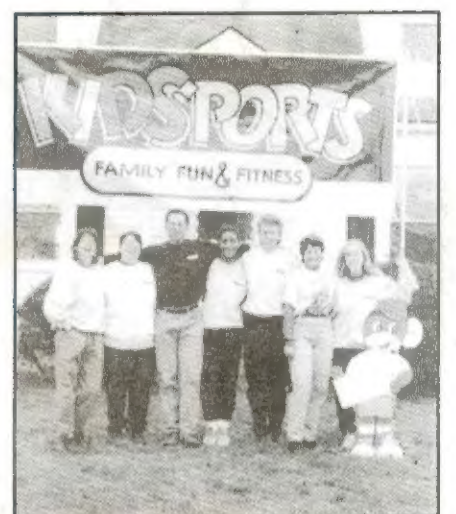
NOVEMBER 30

DECEMBER 13



### 11 SAVE HAVEN

Friends of Bosnia, a Hadley-based relief organization has been offering support through humanitarian aid campaigns and refugee relocation programs.



### 14 ROMPER ROOM

Kidsports, the Pioneer Valley's place where parents and children alike get fit in a comfortable and encouraging environment, is set to open its doors.



### 19 DIARY OF A REDMAN

He's only twenty-five, but he's a critics fave and a Grammy nominee. Tenor sax master Joshua Redman explains it all to *The Valley Optimist*.

## CALENDAR PICKS



### INDIGO GIRLS,

the folk-rock duo of Amy Ray and Emily Saliers that has finally taken the world by storm, return to play at the Mullins Center at the University of Massachusetts at Amherst on Friday, December 9 at 8 p.m.

### THURSDAY DECEMBER 1

The Dambuilders fire up the stage with their violin-spiked alternative pop at Pearl Street in Northampton with Fuzzy and local act Darwin at 8:30 p.m.

### FRIDAY DECEMBER 2

Betty, a trio of women that combine comedy and pop music, appears at the Iron Horse in Northampton at 7 p.m.

### SATURDAY DECEMBER 3

Ellen Cogen performs as part of the Saturday Jazz series at the Hotel Northampton from 8 p.m. to midnight.

### SUNDAY DECEMBER 4

Dar Williams plays a show with Jim Henry at the Amherst College Campus Center Frontroom at 8 p.m.

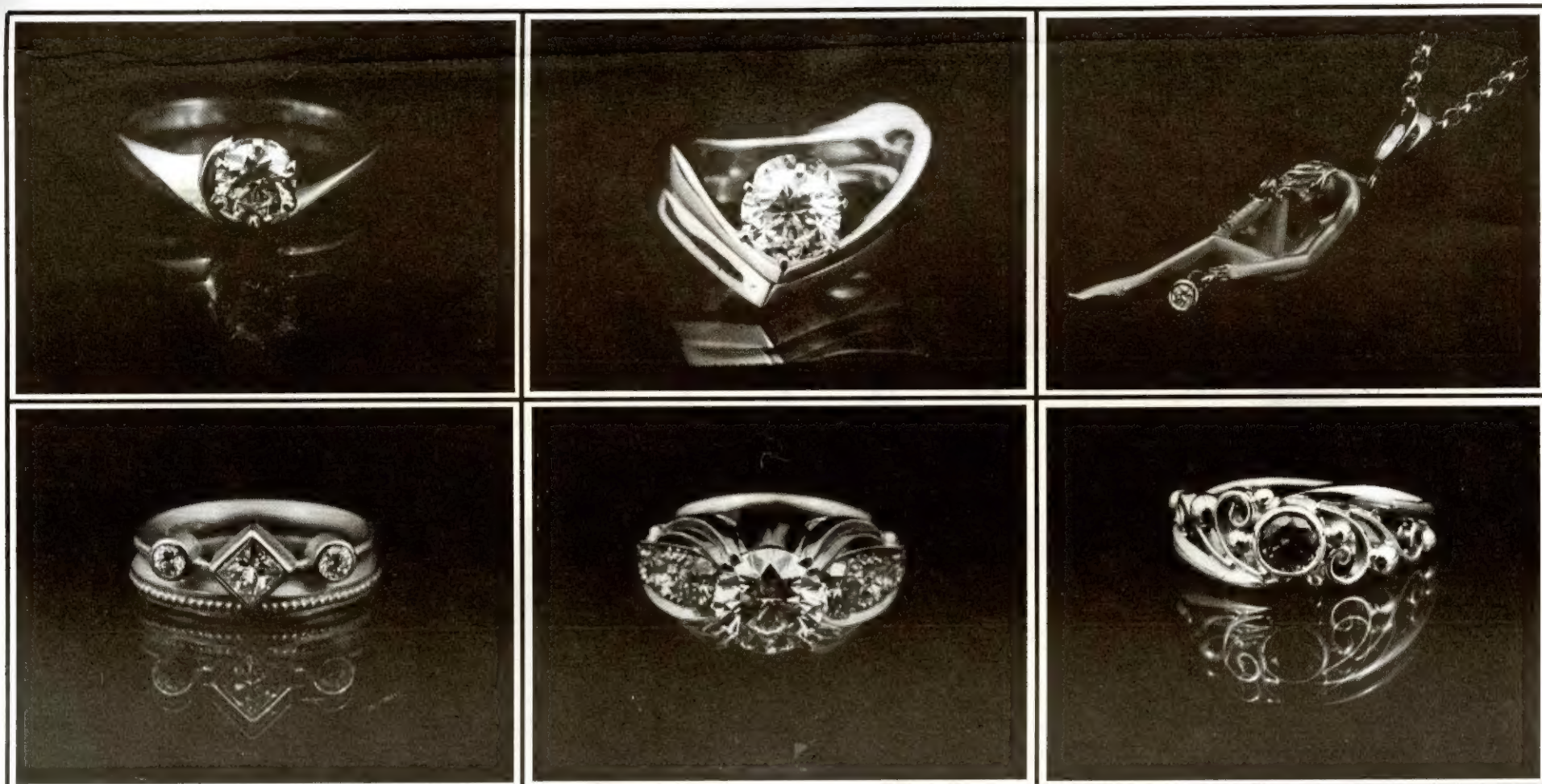
### THURSDAY DECEMBER 8

The Hawaiian Slack Key Guitar Tour brings traditional Hawaiian music to the Iron Horse Music Hall in Northampton at 7 p.m.

### FRIDAY DECEMBER 9

The Equalites and Jaya the Cat, two local acts that specialize in reggae, ska, and a bit of everything else, are at the Bay State Cabaret in Northampton. 21+.





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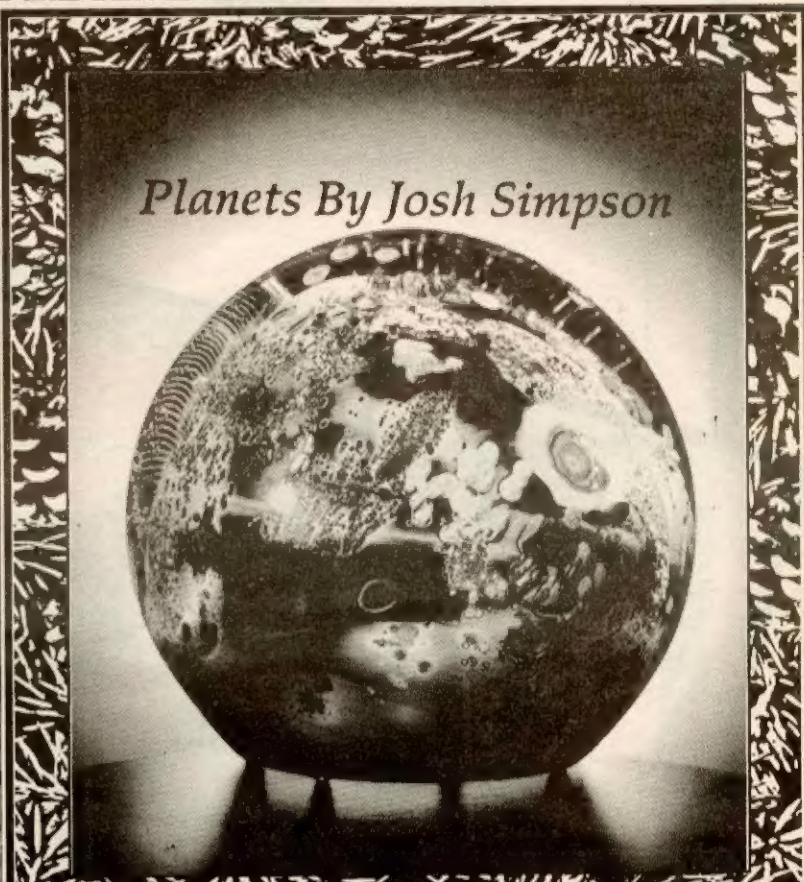
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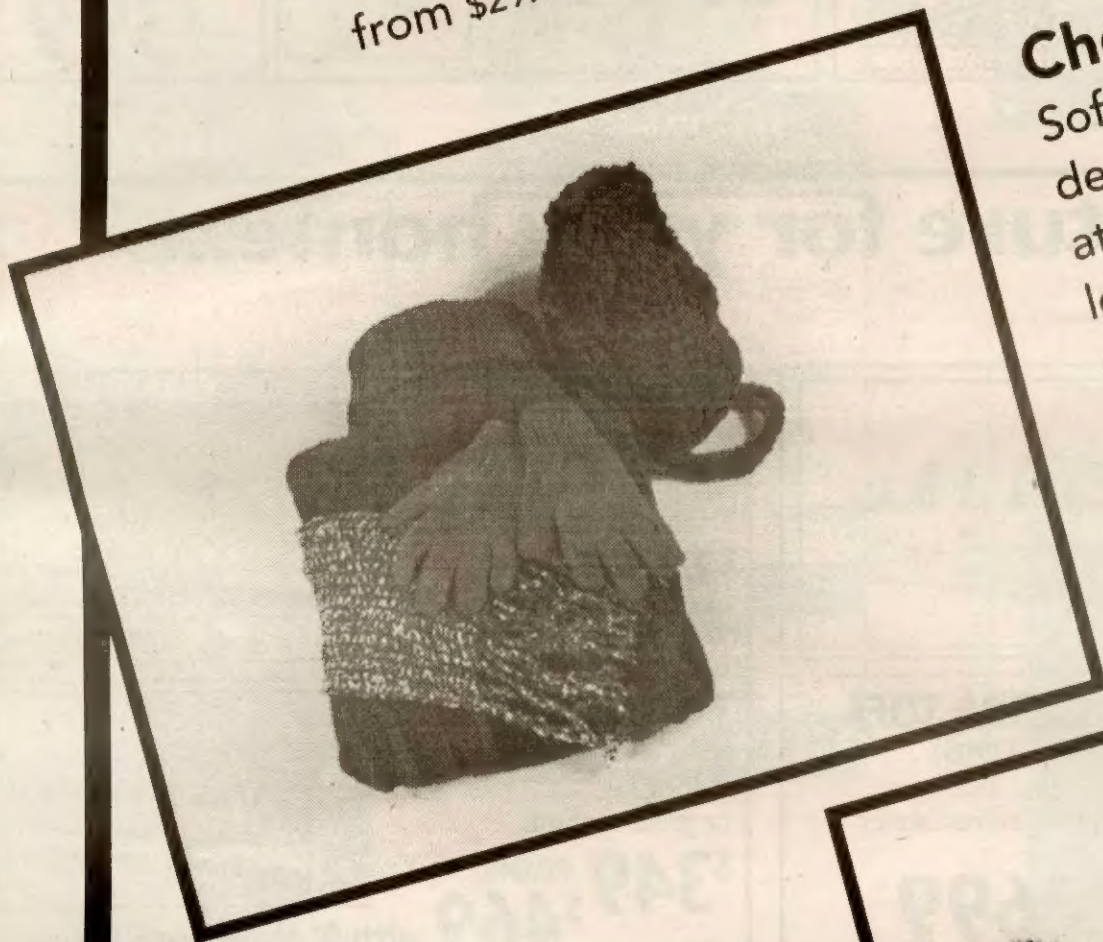
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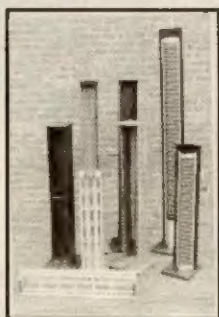
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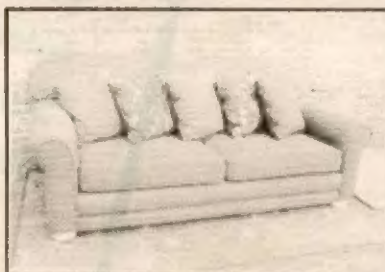
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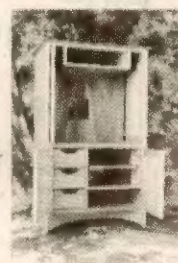
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# Safe Haven

Western Mass lends a hand to Bosnian victims of war

**I**t's on the evening news now and again — nights when the drama in the O.J. Simpson case is waning or the President of the United States isn't being sued. But the war continues to rage in Bosnia-Herzegovina, whether the network anchors mention it or not. For many, the instinct is to avert our eyes when we've seen enough violence and destruction to make our stomachs roll. But for others, the point is just the beginning — a critical juncture when you say *Enough!*

Then you take action.

Two-and-a-half years under siege and facing another bitter winter, residents of the former Yugoslavian republic of Bosnia-Herzegovina continue to look to the United States for support. But while the U.S. government has been slow in working with the international community to end the arms embargo against the Bosnian government, which would allow the beleaguered nation a measure of self-defense, concerned activists have found ways, at the grassroots level, to offer direct support to the Bosnian people through humanitarian aid campaigns and refugee relocation programs.

A broad-based coalition of human rights, religious, and peace groups led by Friends of Bosnia (FOB) — a relief organization established in Hadley — spent October and November collecting food, medical supplies, clothing and household items to be shipped from Springfield to Bosnia in mid-December.

"We've had an overwhelming response in Massachusetts, from Boston to Pittsfield," said Friends of Bosnia co-director Glenn Ruga. "Although corporate support hasn't been forthcoming, the response from the grassroots has been tremendous, with churches, student groups, and individuals from as far away as New Jersey collecting goods for the campaign." In addition to setting up collection sites throughout the Pioneer Valley, FOB also directly solicited shoppers at Northampton and Amherst grocery stores for contributions to reach their goal of 10 tons of essential supplies for the people of the war-torn region.

**by Paul Burton**



Recent news reports have focused on the Bosnian army's success in recapturing portions of the 70% of Bosnian territory controlled by the Bosnian Serb regime. The ensuing counteroffensive against the Bosnians has resulted in increased shelling of civilian areas and "safe havens" in Bosnia by Bosnian Serb forces. The uncertainty and instability of the current situation lends urgency to the work of Friends of Bosnia. "It makes it all the more imminent and important," said Ruga. "With increased fighting people on the ground can't get aid. They are facing near-starvation conditions."

Since many of Bosnia's population centers are surrounded by Serbian forces, getting humanitarian aid to those under siege is difficult and dangerous. FOB's Mass Aid for Bosnia campaign relies on the resources of the Scottish group Edinburgh Direct Aid (EDA) to deliver supplies. "They are people who risk their lives to go where even the United Nations is unable to go," FOB co-director Sharon Webb told the audience at a recent Northampton concert fundraiser for Mass Aid for Bosnia. With their small convoys of trucks using back roads not blockaded by the Serbs, the volunteers of Edinburgh Direct Aid have taken 18 convoys from Scotland to Croatia and Bosnia since September 1992. Also bypassing what EDA calls the "warehouse bureaucracy and the distribution Mafia," the group has been able to deliver over 800 tons of goods directly to refugee centers, isolated mountain villages, hospitals, and orphanages.

#### BUILDING A NEW COMMUNITY

The same conditions which thwart the

ability of relief agencies to deliver food and supplies to the Bosnian victims of war make escape from the besieged areas nearly impossible for Bosnians. Surrounded by Serbian military positions and roadblocks, they are trapped in areas that are officially designated "safe areas" by the UN but still suffer attacks from the Serbian military.

For those who manage to reach international processing centers in Sarajevo or Zagreb, Croatia, the future is uncertain. With the help of the Springfield-based

community to get established. Without an established Yugoslavian community like that in Los Angeles or other large cities, the Pioneer Valley presents more challenges for newly arrived refugees.

"It's very difficult for the first ones, having to build a community," said Jan Levy of Lutheran Social Services. "But we have gotten great support from individuals, churches and synagogues." Adjustment for the families can be demanding — establishing the most basic needs of employ-

munities by the Bosnian Serb army, the people of Bihac have suffered greatly from the war. "Bihac has been out of the news until recently," said Levy, citing reports that the Serbian shelling of Bihac after the Bosnian army's successes in early November has claimed the lives of innocent civilians. "But Bihac has been constantly shelled for the past two and a half years. People have been without electricity. The area is designated a safe haven but it has been pounded with heavy artillery and nothing is being done to protect it."

For the newly arrived Bosnian families, the lack of accurate news and the difficulty of reaching family members still in Bihac is a source of great concern. "Reaching relatives by phone in Bihac is extremely complicated," said Levy. "Calls are placed to a mobile phone station in Croatia, then relatives in Bihac must be contacted and must get to a telephone. The wait can be several hours. It's especially worrisome for those who have children or parents still in Bosnia."

#### CASUALTIES OF WAR

With over 200,000 Bosnians — mostly civilians — killed since April 1992, what had once been a multi-ethnic society has been torn apart. The cities of Bihac and Sarajevo were once known as cosmopolitan centers where Bosnian Muslims, Serbs, and Croats lived and worked together. "One of the great tragedies of this war is that Muslims, Croats, and Serbians were neighbors, families, and friends — and now they are torn apart," said Glenn Ruga. "Before the war you couldn't tell one from another. The rate of intermarriage in Bosnia was over 30%."

Lutheran Social Services (LSS) of New England, Bosnian refugees are offered assistance relocating to the Pioneer Valley. The agency has helped to settle four families in the Amherst/Northampton area since February 1993.

Unlike recent arrivals from the former Soviet Bloc countries of the Ukraine and Moldavia — who were relocated through the assistance of LSS and now have established communities in the Springfield area

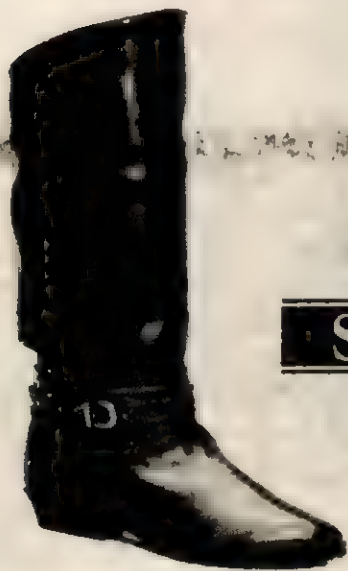
Bosnian refugees are completely reliant on the help and support of the local com-

ment, housing, and medical care can often prove to be the hardest steps of all. "The Northampton/Amherst community has been very generous," said Levy. "People have given their time, and donated clothing and furniture. Local merchants have made donations and the committee organized to help the refugee families has done a great job pulling together support."

Lutheran Social Services is currently helping a newly arrived family from Bihac, a city in northern Bosnia near the Croatian border. Cut off from other Bosnian com-

**"Although corporate support hasn't been forthcoming, the response from the grassroots has been tremendous, with churches, student groups, and individuals from as far away as New Jersey collecting goods for the campaign."**  
— Friends of Bosnia co-director Glenn Ruga

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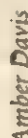
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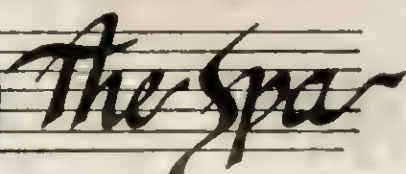


Part of the story will no doubt include the selfless work of peace activists, concerned citizens and a supportive community pulling together to offer aid for the victims of the brutal war in the Bosnia. ★

"I got involved out of a concern for justice when I saw what was happening with the rapes and the concentration camps and the lack of response from the U.S.," he said. "The war is a result of ultra-nationalist Serbian aggression. It's

• The American Committee to Save Bosnia works on Congressional lobbying and grassroots educational campaigns. For more information, call (202) 737-2027.

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# Challenge for Success

Kidsports develops emotional and physical fitness

by Alice Hicks

**A**t Kidsports Family Fun & Fitness, it's how you play the game that counts. The new facility, designed for parents and kids alike, was founded with the purpose of helping children build fitness and self-esteem in a comfortable, encouraging environment. Fern Spierer, Kidsports director of marketing and special events, said "Our games stress fun and fitness, not winning and losing."

Kidsports, located on Route 9 in Hadley, is an approximately 22,000-square-foot facility equipped with everything from birthday party rooms to a licensed preschool. Kidsports' many entertainment,

olds. The fact that Kidsports has programs for kids and young adults makes it distinctive in the Valley, since most fitness clubs are geared toward college students. "We are also set apart from other clubs because we have fitness programs for the entire family. Very few clubs have programs for children from ages six months to seventeen years," said Spierer.

All programs will emphasize the Kidsports objective of "helping kids reach their optimum potential in an unstressed atmosphere," said Spierer. This objective is one that Kidsports has been striving for ever since former physical education teachers Gary and Susan

Siebert established Kidsports in 1987. Based in Reading, Pennsylvania, Kidsports has over twenty locations across the United States, Europe, and Australia.

**We are set apart from other clubs because we have fitness programs for the entire family. Very few clubs have programs for children from ages six months to seventeen years.**

Kidsports goes further than most athletic clubs and daycare centers by promoting diversity. Kidsports pledges to create an environment of tolerance. Spierer stated that as special events director, she plans to be directly involved in the implementation of this policy. "I am going to make sure that special events are open to the entire community regardless of ethnicity, language, religious affiliation, sexual orientation, class background, physical ability, age, and size. Around holiday

time, we plan on having programs on holidays of different cultures. That's just one way we plan on bringing different kinds of people together."

Senior citizens and physically challenged people are included in Kidsports' diversity plan. Kidsports' aerobic instructors will hold classes with different paces to suit senior citizens and people with special needs. Kidsports also offers an after-school program for children in grades one through six that includes computer use, homework time, a healthy snack, and play time under adult supervision. This program will give so-called "latchkey" children an alternative to staying home alone, providing a service not available at schools in the area.

"With so many working parents in the area, kids need some-

where to go after school, not just home to watch TV. Physical education programs are always the first to go in funding cuts at schools. Kidsports after-school programs fill that gap," said Spierer. ★

Kidsports will open in mid-December, but some facilities and programs will not be available until their Grand Opening, January 20-21. Kidsports offers several membership plans. Call 586-0633 to set up an appointment to discuss membership options for more information.



The staff of KidSports prepares for the grand opening.

fitness, and educational programs for children are available for infants six months and older, all the way up to seventeen-year-

cles. Spierer contends that Kidsports' adult fitness program is superior to any other in the Valley. "Our facility is more compre-

Amber Davis

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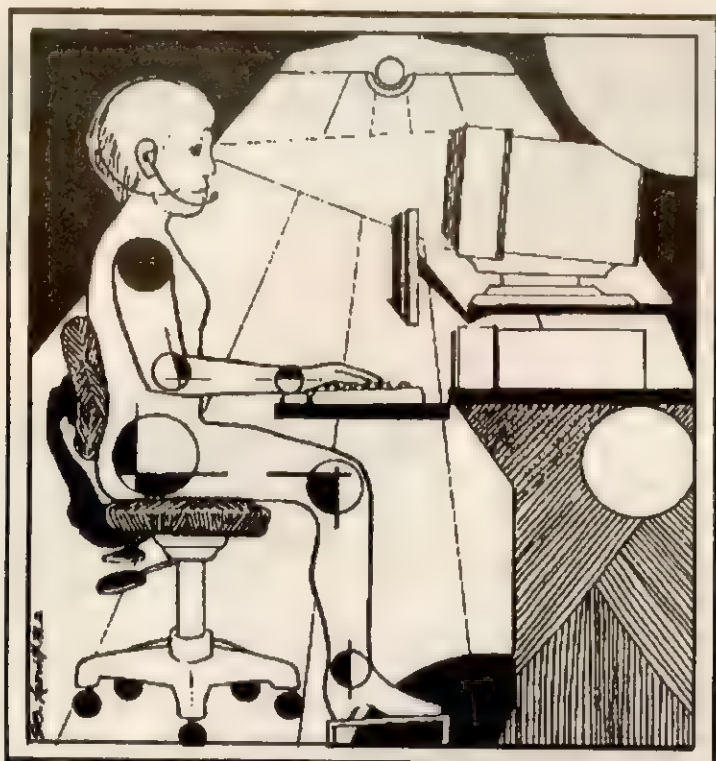
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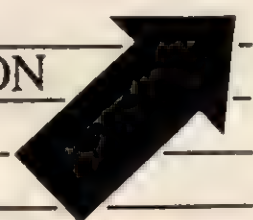
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# Handmade Heaven

Historic Northampton's Holiday Shop is crafty in more ways than one

by Erica Habert

**S**igh... is it that time already?

Indeed. Christmas and Kwanzaa are but a few weeks away, and the Jewish Festival of Lights, Chanukah, has commenced in households and synagogues. And folks in the snowmobile business are bearing their biggest smiles ever as predictions for the season's weather promise plenty of white stuff.

Most people experience a heightened buzz of activity this time of year, and the business sector is certainly no exception — many businesses wouldn't survive without the profits they reap during the month between Turkey Day and the end of December.

This year, survival is the name of the game for Historic Northampton, which is running a Holiday Shop through the 23rd of December to raise funds for the museum's general operations. Historic Northampton, contrary to what might be thought, receives no moneys from the City of Northampton. Says Lynne Bassett, Curator of Collections, financial support is based exclusively on donations, a small endowment, and fundraising events such as the Holiday Shop. Historic Northampton receives 30 percent of all sales from the items which, Bassett says, amounts to a critical contribution for the museum.

"Our goal is to preserve, collect, and interpret the artifacts of Northampton's history, and we simply can't do any of that without money," she says. The museum maintains three houses in Northampton's downtown. The one which features the Holiday Shop, the Isaac Damon House, is just about bursting with items that could, with funding, be researched and put on display for the general public.

Among the treasures stored in the basement are some 10,000 photographs depicting the visual history of Northampton and the upper Connecticut River Valley, as well as archival collections and documents dating as far back as the 17th century, when this area was first settled. There are shelves upon shelves of ceramics, glassware, and countless miscellaneous — and utterly intriguing — artifacts. Up on the second floor is one of the best and most extensive costume collections for a museum in New England: 7 rooms full, plus an impressive collection of footwear.

"We collect history," says Bassett, "so the stuff we have comes with stories. Everything here has a story... Our goal is to create exhibitions of these things to educate people

about the history of the region." But creating displays takes research and conducting research takes financial assistance. Without such assistance, these priceless remnants of the Valley's past could remain forever hidden from the public eye.

## GETTIN' CRAFTY

Since it debuted three years ago, Historic Northampton's Holiday Shop has helped to heal the museum's financial concerns. From candleholders and clocks to place mats and pottery, the tastes range from the folksy to the funky. In total, it features the works of some 55 artists and crafts people from the local area. And it's all handmade.

"We really try to avoid the put-together

mitment from "the hobbyist" to people who sell their work in galleries, says Shimel. Some of the items are related to Christmas, others not. And all artisans are asked that they not jack up their prices for the things they bring to the shop. "Most of the items sell for under \$50. They're the ones that do the best, too."

## THE PERFECT GIFT FOR HISTORY BUFFS

"We also sell things that are normally in the museum's own shop — items that are related to Northampton's history," says Shimel. One of these is sure to satisfy anyone who appreciates local lore. It's *Historic Northampton's 1995 Desk Calendar*, which represents the collective efforts of numer-

ous businesses, organizations, and individuals, including banks, Realtors, restaurants, attorneys, retail shops, printers, and members of Historic Northampton's Board of Trustees.

Like the shop, the calendar is in its third inception. Its theme this year is "Long-Haired Men, Short-Haired Women: Dreamers, Eccentrics, & Visionaries." Explains Bassett,

"It honors individuals who have shaped Northampton's history through their own strength of character." The calendar pays tribute to both men and women, spanning some 340 years. She adds that the calendar "is part of the museum's educational outreach."

Proceeds from the sale of the calendar, like the other items at the Holiday Shop, are turned over to Historic Northampton. What's unique about this particular desk calendar, moreover, is that its life is not over when the year is. The dated pages can be ripped out, once passed, leaving just the photos and the text. It's one more reason to stop by Historic Northampton's

Holiday Shop during your shopping rounds this season. The items are original, the prices extremely reasonable, and the proceeds serve not just a pocket, but a purpose.

*Historic Northampton's Holiday Shop is located in the Damon Education Center at 46 Bridge Street, across from the Post Office, in downtown Northampton. Hours are Monday, Tuesday, Wednesday, and Saturday from 10 a.m. — 5 p.m., Thursday and Friday from 10 a.m. — 8 p.m., and Sunday from noon — 5 p.m. For more information call the museum at (413) 584-6011.*



The Museum and recreational center, part of Historic Northampton

We jury everything." Phyllis Wilhelm, President of the Board of Trustees for Historic Northampton, is the other co-coordinator. In total, some 50 volunteers contribute time to the Holiday Shop.

Notes Bassett, the arrangement makes good business sense for the crafters who participate. "It gives them an opportunity to have their things exposed for six weeks [the shop opened November 19]... And there's no risk. They don't have to rent a booth, they just pay a small consignment to Historic Northampton."

Shimel, herself a weaver, agrees about the benefits. "I like to sell my things here. You don't have to sit behind a booth all day," because the volunteers rotate shifts at the cash register. She says the shop is also ideal "for people who don't have a large quantity of items to sell," as well as for those who just "don't like to go to craft fairs." The number of artists represented has doubled since it began, with at least half of them returning to sell at the Holiday Shop all three years.

The crafts people range in artistic com-

## MAKE A DATE

### FRIDAY, DECEMBER 2

The Amherst Area Chamber of Commerce and local businesses, including Zanna's, Antonio's, the Pub, and House of Walsh, have joined forces to sponsor the Festival of Lights. Festivities will include carolling, candlelighting, visits from Santa, and a performance by the UMass Minutemen Marching Band. The holiday fun begins at 4:30 p.m. on the Amherst Town Common. Call 253-0700 for more information

### MONDAY, DECEMBER 5

The Western Massachusetts Institute of Management Education, Inc.: Introduction to Microsoft Excel V5.0 for Windows. Students will learn how to produce basic spreadsheets in this three-session class. The prerequisite is Introduction to Windows (or its equivalent). Topics for instruction will include creating and saving Workbooks and Worksheets, entering and editing data and formulas, and formatting data. The second and third sessions are on the following Mondays, December 12 and 19. All sessions are 6:30–9 p.m. at the Farm Credit Bank in Agawam. \$150 mem./\$170 non-mem. For registration information, call 589-7844

### WEDNESDAY, DECEMBER 7

The Western Massachusetts Institute of Management Education, Inc.: Overcoming Stress. Participants will learn and practice techniques to manage stress in this two-day workshop. Emphasis will be placed on coping with conflicting demands on time and energy and learning to control stress to increase productivity and effectiveness on the job. The second session will be on Wednesday, December 14. Both sessions will be held at the Parwick Center at the Comfort Inn, Chicopee. 9 a.m. – 4 p.m. \$195 mem /\$215 non-mem. Call 589-7844 to register.

### FRIDAY, DECEMBER 9

River Valley Health Associates, a newly-formed center for naturopathic medicine and acupuncture, invites the public to an Open House. The five practitioners at RVHA specialize in a variety of different forms of health care, including herbalism, naturopathic medicine, acupuncture, psychotherapy, shiatsu and Gestalt therapy. 4–8 p.m. 116 Russell Street (Route 9) in Hadley. Call 585-1511 for more information

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# COMMERCIAL PULSE

## Seasonal Spirit in Every Corner

Members of the Garden Club of Amherst, a private organization founded in 1908, were spotted on a recent Saturday morning getting in the spirit of the season. They were replacing the wilting chrysanthemums in the large concrete tubs that line South Pleasant Street in Amherst with fresh holiday greens and bright red berries.

"For the past several years we've hired somebody out to do this," said club president June George, "but this year we decided to try it ourselves. It was a wonderful team effort between the the Garden Club of Amherst and those who devoted the greens." Contributions for the planter displays — which included white pine, juniper, blue spruce, laurel, and winterberry — came from a variety of local sources. Significant donations were made by Cows Building Supply Inc. of Amherst and individual donor Barbara Rosenau.

The Garden Club's chief purpose, said George, is to make contributions to educational and horticultural organizations, including The Hitchcock Center for the Environment. They raise most of their funds from their annual May plant sale, which has for years been a popular event in the community.

— Erica Habert

## RAPID PULSE

### IN NORTHAMPTON

Suzanne Forman, a licensed massage therapist who has been in private practice for four-and-a-half years, recently opened Bodyworks!, a group practice offering licensed massage therapy and other forms of bodywork. Located in downtown Northampton, Bodyworks! features same-day appointments, house calls (for an extra charge), and holiday gift certificates. Forman says she started the new business to allow more people to receive the benefits of massage therapy. Bodyworks! representatives are available for questions 9 – 6 on weekdays and 10 – 12 on Saturdays. Call 586-9040 for more information.

• Jill Cronon Lesko, office manager of the King & Cushman Insurance Agency of Northampton, has been awarded the CISR designation by the National Society of Certified Insurance Service Representatives. Ms. Lesko, a native of Northampton, has worked at King & Cushman Insurance for eleven years. The CISR Program consists of courses in Agency Operations, Personal Auto and Personal Residential Coverages, and Commercial Property and Casualty. CISR is the nation's foremost provider of professional insurance education.

•The Northampton Yoga Center, which offers daily yoga classes, ongoing workshops, yoga therapy, and counseling, has moved to 25 Main Street, on the third floor of the Fitzwilly's building. Call 585-5728 for further information on classes and scheduled events.

### IN FLORENCE

Douglas Burr has recently been named the new marketing director of Florence Savings Bank. Burr will be in charge of developing and implementing the bank's entire marketing plan, which entails public relations, research and product development, advertising, sales analysis, and reporting. "Doug Burr's expertise will provide an excellent base for Florence Savings Bank's marketing program," said Ed Morin, president of Florence Savings Bank. "He brings to the bank many years of experience in bank marketing, which will help us to continue the strong rate of growth experienced over the past few years." Burr previously held marketing positions at Shawmut Bank and Multibank and has long been an active volunteer in the community. He has chaired committees for Junior Achievement of Western Massachusetts, the Pioneer Valley Council Boy Scouts, and the Community United Way of Pioneer Valley.

•The Pro Corporation has appointed Charles B. Ragland as vice president of sales and marketing. The Pro Corporation, the oldest molder of plastics in the world, manufactures a diverse line of products, including kid-sized toy cars. Ragland formerly served in as business manager for The Geon Company (previously named B.F. Goodrich) and as a marketing representative at GE Plastics.

— Alice Hicks

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# Redman On The Rise

A conversation with one of jazz music's hottest musicians, **Joshua Redman**

by **Jonathan Ratcliff**

**H**ow would you like to perform in clubs, concert halls and festivals with the best contemporary jazz musicians, consistently receive high critical praise, and earn several awards and honors (including a Grammy nomination)? Twenty-five-year-old tenor saxophonist Joshua Redman has experienced all of this — not bad for someone who started playing seriously only three years ago, and admits to rarely ever practicing.

The California native's music has excited record labels, jazz fans, and the media. In addition, several noted jazz musicians have taken an interest in Redman. He led guitar legend Pat Metheny, drummer Billy Higgins, and bassist Charlie Haden on his second album release in 1993, aptly named *Wish*, and toured with them later that year. Redman has also played sideman to a score of other jazz greats, including Jackie DeJohnette, Elvin Jones, Paul Moshin, and Milt Jackson.

Performing with jazz masters is one aspect of Redman's growing popularity that is beneficial to his musical development. But with this popularity lies the pressure to fulfill a media image. Apparently this doesn't bother Redman. "It's a great honor to be recognized by the public and the press,

to know that what I do and who I am influences and affects people," Redman says. "But it doesn't have much impact on my music, or the way I feel about it. My music is a very private experience. No matter what positive or negative things people say about me, ultimately I am my own worst critic. I have my own musical goals and direction."

Redman's playing style shows respect for tradition, yet his improvisation is forward and original, concentrating on feeling more than technical aspects. "My music is representational of myself," said Redman, "and also of the people that I make music with. Everyone has a unique soul, everyone has something different to say. If you pursue your art by reaching deep inside yourself, your art will eventually become an expression of who you are more than as part of an established category."

Despite the rising popularity of modern jazz artists like Redman, jazz still hasn't hit the mainstream. The closest it has come is with jazz-hip-hop fusion projects such as Guru's *Jazzmatazz*, Digable Planets, and Us3 (with whom Redman has played).

Perhaps this is because the public pictures jazz as academic and intellectual. "To me, this couldn't be further from the truth," Redman states. "Jazz is emotional, and has impact, just like any other music. That's the

image of jazz that we as musicians have to propagate. Jazz may never be a music for the masses — it will never be Prince or Madonna. I don't expect it to be, and I don't really want it to be. But there is the potential to reach a much wider audience than it does now."

Redman's new album release, *Moodswings*, consists entirely of original music written by Redman. "Each track on the album is there to evoke a different emotion." *Moodswings* features the Joshua Redman Quartet, a remarkable group of young musicians that he gathered last year. They are currently on a national tour that includes a sold-out performance at the University of Massachusetts on December 8.

Redman hadn't planned on becoming a musician — he saw how difficult it was for his father, jazz saxophonist Dewey Redman. So Joshua Redman spent most of his time with his nose in the books, spending little time on the saxophone. He was slated to attend Yale Law School in September '92, after graduating from Harvard with honors. Redman moved to New York City for what he thought would be a year-long break between schools. There he began playing clubs and was quickly noticed.

One thing led to another, and in a remarkably short period Redman had the

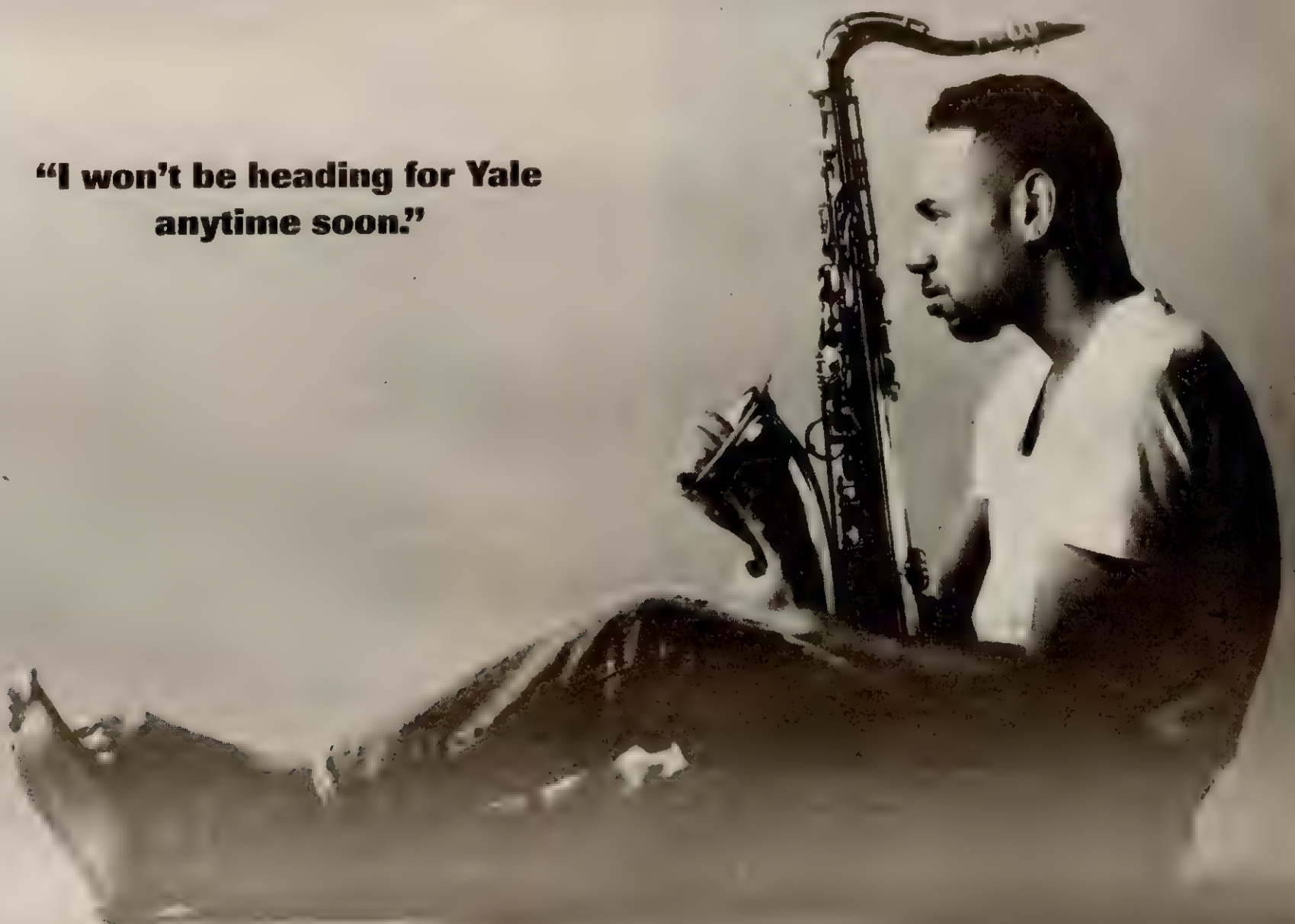
chance to become a professional musician. He has toured virtually nonstop in the past few years, a far cry from hitting the books. A full touring schedule, however, leaves Redman little time to practice and concentrate on his music. "I've got to find time for myself and for my music, outside of performing."

Despite the lack of time for himself, Redman truly loves the live playing experience. "Music is a communicative art form. You're expressing yourself, and it is natural that you express yourself to someone. When you're playing for a live audience, a dialogue takes place. It might not be a completely equal dialogue, because the audience is not up there making music with you, but they are giving back something. As a performer, you really feel the audience's presence — you feel the energy they are creating, and they finish the equation. They are the missing link."

And what about that law degree? "I'm committed to music now, I love what I am doing, and can't see myself doing anything else. I won't be heading for Yale anytime soon."

Joshua Redman will be appearing at the Fine Arts Center at the University of Massachusetts at Amherst on December 8. ★

**"I won't be heading for Yale anytime soon."**





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# New Releases

## Laurie Anderson — *BRIGHT RED* (WARNER BROS.)

Laurie Anderson has a lot to say. The instantly recognizable performance artist has been called a modern-day Renaissance superstar, and it's no joke: during the two decades of her career, Anderson has written books, film scores, orchestral pieces, and poems; created many performance pieces; appeared on countless television shows; trekked in the Tibetan Himalayas; directed videos; toured with William Burroughs; performed in an Anti-Inaugural Ball for Ronald Reagan; etc. Anderson works in every medium available to her, and creates new ones when she's bored.

Whereas most recording artists release a new album once every two years amidst much corporate fanfare, Anderson's new album, *Bright Red*, is an unassuming welcome mat to her other projects this year — the release of her twenty-year retrospective book, *Stories from the Nerve Bible*, and the preparation of her multimedia piece *The Nerve Bible*, to be performed next year. Needless to say, writing neat, catchy pop songs is not a high priority for Anderson. *Bright Red* is not so much an album of songs as a collection of poetry with music bubbling underneath.

Nothing on *Bright Red* creates the same perfect balance of spoken word/catchy sung chorus found in "Baby Doll," from Anderson's 1989 album *Strange Angels*. That song, with its humorous "I don't know about your brain, but mine is really bossy" theme and buoyant reggae refrain, drove Anderson's idea home with wit and a good musical hook. Other than parts of "Speechless" and "Beautiful Pea Green Boat," and the duet with Lou Reed titled "In Our Sleep," there are few sung vocals to be found on the new disc — Anderson instead relies heavily on her sing-song speaking voice.

Many tracks are successful in creating a perfect sonic environment for Anderson's readings: "Poison," with its tale of a jealous, paranoid ex-lover, is effectively spooky; "Puppet Motel" makes excellent use of a mechanical backing rhythm and Anderson's treated vocals; "Tightrope" creates an unsettling, otherworldly dreamlike atmosphere;



and the quietly nagging digital watch alarm beep and ghostly keyboards of "Same Time Tomorrow" is affecting as well.

Though all of this makes for interesting listening, the text of the album would be just as (if not more) effective as poems on a printed page. As a musical recording, *Bright Red* is not really the sort of experience one can enjoy repeatedly — it feels like a soundtrack in need of visuals.

— Ken Maiuri

## VARIOUS ARTISTS — *HOMEGROWN HARVEST* (SIGNATURE SOUNDS)

'Tis the season to be giving. Following closely on the heels of last year's successful *Homegrown Holidays* compilation, WRSI radio and the Signature Sounds Recording Company have released a second fundraising album to benefit hunger-fighting orga-

nizations in Western Massachusetts. The disc, entitled *Homegrown Harvest* (the name is taken from WRSI's weekly radio show *Homegrown*) is described as "an album of songs about the Pioneer Valley," highlighting songs that local musicians have given to the project.

Not every song is *really* about the happy Valley — "What a Pity" by the Coyotes throws in the opening line "Out in Franklin County..." in order to qualify. The idea is obviously more of a loose concept than a rigid rule. More important, *Homegrown Harvest* successfully collects sixteen enjoyable songs by local artists that cover a wide spectrum of musical tastes, from the cool swing of Montenia and the Paradise City Jazz Band, to the upbeat reggae of the Equalites, to the restrained folk of Erica Wheeler, to the beer-soaked rollicking for which the Big Bad Bollocks are famous.

Highlights include the Scud Mountain Boys' ghostly masterpiece "Reservoir"; the goofy, celebratory "Valley Rock" by the Lonesome Brothers; and the rhythmic, acoustic strum of Louise Taylor's "Angels Know His Name," among others. Going along with the title of the collection, all of the songs have an autumnal quality. Peter Nelson's "Prisoners of Desire," with its accordion and piano, calls up images of light snow falling on a cold, late fall day; and the Outerspace Band's basic blues song "Looking for My Baby" sounds as it it was performed in a badly-insulated recording studio while the band huddled together, rubbing their hands to keep warm.

*Homegrown Harvest* is a lot of fun, and it shows off some local talent that otherwise may not get to be heard. As an added incentive, the proceeds of the disc will be used to help feed people in the four counties of Western Massachusetts. It's a worthy project with good intentions and great music.

— Ken Maiuri

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4. John Fahey — *The Return of the Repressed* (Rhino)
5. John Gorka — *Out of the Valley* (High Street)
1. Loreena McKennitt — *The Mask and Mirror* (Warner)
2. Nirvana — *Unplugged in New York* (Geffen)
3. Various Artists — *Pulp Fiction Soundtrack* (MCA)
4. Jimmy Page & Robert Plant — *No Quarter* (Atlantic)
5. REM — *Monster* (Warner)
1. Scofield & Metheny — *I Can See Your House From Here* (Blue Note)
2. Django Reinhardt & Stephane Grapelli — *Souvenirs* (London)
3. Dewey Redman — *African Venus* (Evidence)
4. Ben Sidron — *Life's a Lesson* (Go Jazz)
5. Tuck & Patti — *Best of...* (Windham Hill)
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# Degenerations

*Star Trek Generations* is dead in space

by Jeff Allard

Not since *Highlander 2: The Quickening* has the science fiction genre fallen to such an inane low. If this is really anyone's idea of passing the torch of adventure, that person must be living on a steady diet of valium. The sorry fact that *Star Trek Generations* is a giant space-snooze is only compounded by a screenplay that has no internal logic. Where's Spock when we really need him?

As the whole impetus behind *Generations* was to bridge the eras of old and new *Star Trek*, it was up to the writers to come up with a compelling time travel plot. *Trek* has had some luck with those in the past. The finest episode of the original *Trek* was the Harlan Ellison-scripted "City on the Edge of Forever" in which Kirk has to allow social

watching lovable android Data (Brent Spiner) grapple with the effects of his new emotion chip. He laughs! He cries! He curses! If only the rest of the *Next Generation* cast had similar chips to make them seem less like the space stiff they are.

Say what you will about Shatner, kids. At least he isn't afraid to show a little passion. If that's bad acting, or immature, I'll

er of the original *Trek* can remember Kirk's legendary mano-a-mano duel with the Gorn, that giant man-lizard beast — and Picard can't take McDowell?? Maybe Roddy

ond time, though, fighting an enemy he's met not more than five minutes before, it doesn't quite resonate (his first "death" in the film's opening saving the *Enterprise* is far more affecting — the movie's high point, in fact).

Diehard Trekkers hoot and holler during the movie as though their lives depended on it. Who knows — maybe it does. The sad element of *Trek-dom* is that such diehards are unwilling to let anything (like critical acuity) spoil the worship of their golden idols. Even the *Next Generation* episode in which



"Hey, it's not the horses that stink — it's the movie!" Shatner and Stewart join forces in *Star Trek: Generations*

equits was the voyage from, when the classic crew found themselves wandering in present-day San Francisco. In *Generations*

we have a convenient cosmic light show called the Time Ribbon which serves as a transport to the Nexus. Despite sounding like a new line of car, the Nexus

is actually a one-stop wish fulfillment zone where all dwellers are able to live within their own fantasy lives (Picard and Kirk both obtain their long-denied domestic dreams). Twenty-fourth-century history records James Kirk as perishing in an explosion caused by the Time Ribbon during the christening voyage of *Enterprise B*. Of course, it turns out later that the old warrior was merely transported to the Nexus. Unfortunately, it's not until the last twenty minutes of the film that we get to this long-awaited revelation. Until then, our only entertainment is

Shatner's own larger-than-life personality, Kirk is defined by action. Whether defying the Prime Directive on a near-weekly basis on the original show (the number of times he tampered with perfectly functional societies based on his own romantic notions of installing free will across the universes is almost embarrassing) or hijacking the *Enterprise* to return to the Genesis planet in *The Search for Spock*, Kirk writes his own rules. Whether that's a realistic picture of a starship captain isn't even worth contemplating. I think some bold creative liberties can be taken with the job description "starship captain." It's not exactly a documented occupation like "taxi driver" or "meat packer."

If nothing else, *Generations* serves as graphic testimony that Picard and Co. can never expand beyond the parameters of the small screen. The height of failure comes when Picard can't even lick lame duck villain Malcolm McDowell (as the evil Nexus-obsessed Dr. Soran) in a climatic one-on-one fight. Hell, even the most casual view-

McDowell would have been more his speed. Needless to say, Picard has to haul Kirk out of the Nexus to help him fight his own battles (only after soliciting Whoopi Goldberg first. I can't recall Kirk ever running to the ship's bartender for help in a brawl). At least the reappearance of Kirk gives the movie a final boost of energy. When Kirk dies a sec-

could live an eternity before returning to a point at which they could conveniently thwart Soran's plans. Any urgency in the plot is false. With the exception of Shatner, Spiner, and one notably impressive FX moment (the crash landing of the *Enterprise's* saucer section), the maiden film voyage of this *Next Generation* never leaves dry dock. ★

**The sorry fact that *Generations* is a giant space-snooze is only compounded by a screenplay that has no internal logic. Where's Spock when we really need him?**

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# Counter Appeal

Kevin Smith's *Clerks* is the real thing

by Joni Fraser

For some time now, movie studios have been scrambling around, trying to cash in on the twentysomething, Generation X market, typically by creating movies with slacker themes (unemployment, inertia) that they then proceed to force into a typical

Hollywood formula. With earnest young stars like Winona Ryder and Eric Stoltz, and helmed by young directors who've paid their dues, most of the movies have failed to strike a chord. The more calculated the effort, it has seemed, the smaller the payoff. So it's not a huge surprise that one of the first films that young audiences enthusiastically respond to is *Clerks* (now at the Academy of Music) a 90-minute, black-and-white film written and filmed for under \$30,000 by Kevin Smith,

a film school dropout and former convenience store clerk. I haven't met anyone under 40 who hasn't liked it.



Men at work. Jeff Anderson and Brian O'Malloran as the slacker hero's of clerks

There is a plot of sorts. The film documents a day in the life of a 22-year-old convenience store clerk, Dante Hicks (Brian O'Halloran), who is doing a favor by filling in for someone on the early shift. He ends up staying until closing time, suffering an endless parade of eccentric and obnoxious customers, enduring a sexual revelation by his girlfriend Veronica (Marilyn Ghigliotti), and sweating out news of his former girlfriend's engagement to an "Asian design major," all the while engag-

ing in an nonstop desultory conversation with Randal (Jeff Anderson), a clerk from the adjoining video store.

Why does the film register with its audience? With its low-budget, stripped-down, one-guy-with-a-camera feel, *Clerks* is filmmaking unplugged. Its untrained look and visual graininess is certification of its purity of intention, its lack of phoniness. Then there's the appeal of certain things that older audiences find offensive — the endless profanity, the scatological conversations about sex, the random episodic form of the film. Mostly, though, audiences are responding to the characters, to Dante, to whom everything is rapidly veering out of control, and especially to Randal, who purposefully acts out a "no" to the whole idea of a service economy. While Dante isn't slow-witted, he's slow to act. In fact, his girlfriend is forced to rescue him from a customer who holds an impromptu anti-smoking rally that turns into a near riot. He's frustrated at every turn but, as Randal correctly diagnoses, Dante doesn't have the guts to make changes in his life. By the night's end, it's not clear whether or how he will.

While Dante is rather endearing in his inertia, Randal's vegetative state is his life's work. "This job would be great," he admits to Dante, "if it weren't for the customers."

**Clerks is filmmaking unplugged. Its untrained look is certification of its purity of intention.**

His alienated attitude amplifies every fear about the decline of civility, whether he's aggressively

refusing to advise a customer as to the better of two videos or spitting water in a customer's face. His fervent belief that "title doesn't dictate behavior" perhaps most registers for the audience — and most offends everyone else, from Baby Boomers on up. The film's audience responds strongly to the crude, in-your-face vitality that *Clerks* has, and doesn't mind that the dialogue is often stogy and the acting sometimes seems amateurish. The messiness of the plot doesn't matter; it verifies their experiences. Happy endings, new beginnings, true love that ends with a kiss — all these would be false, and none would these reflect the film's profound questioning of the idea of progress in life. The store opens again at 6 a.m.★

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# Mr. Bad Reputation

Freedy Johnston sings what he means and means what he sings

by Ken Maiuri

**F**red Johnston is an agitated man. Kansas-born and nicknamed by his mom, Johnston's fairly quick rise to widespread critical acclaim and the resulting high profile have not fazed him. He knows bullshit when he hears it. And whether he's participating in a public performance, a recording session, or an interview, Johnston does not fool around.

Though this has apparently given Johnston a hard-nosed image, he hasn't the time to worry about it, because his main concern is writing good songs. Plain and simple. He's been doing that since his 1990 debut *The Trouble Tree*, and its follow-up *Can You Fly* (both on the Hoboken-based Bar/None Records). We spoke to Johnston while on tour supporting his newest record and major-label debut, *This Perfect World*.

**The Valley Optimist:** When did you start writing songs?

**Johnston:** When I was sixteen I bought a guitar and started teaching myself to play.

**TVO:** What did you do before you picked up the guitar?

**Johnston:** Oh, I didn't really have too many hobbies. Just a bad student, I guess.

**TVO:** Are you pleased with the new album?

**Johnston:** Well, you know, I'm pretty self-critical. I think it came out as well as we could have done under the conditions. I'm glad that people are into it. It's definitely a step forward from the last one, which is important to me. I don't want to be seen as either regressing or staying in the same place.

**TVO:** The marketing campaign seems to be aimed towards the VH-1, "adult alternative" crowd, yet you opened up for They Might Be Giants a couple years ago. Where do you fit in the musical landscape?

**Johnston:** Well, certainly not in the They Might Be Giants crowd. I did that tour because we share the same manager, not because there was really any musical affinity or similarity. So the answer to that is much more in the "triple-A, VH-1 crowd," but, you know, I definitely have to express my healthy contempt for the marketing that is done in my name, and not just in my name, but for other artists as well. It's sad that that hype is required. I don't stand behind it — I think it's bullshit. But it's unfortunately necessary, I guess. I'm told that it's necessary. I guess I should be happy, because when I put out *Can You Fly* on Bar/None, they couldn't really do much promotion because it's very expensive. So now the fact that my damn poster is up everywhere, there's radio ads and so forth, I'm happy for that, and yet I'm very embarrassed by it. I'm glad to have it, but it hurts me sometimes. Now I give other artists more of a break, people who I've always seen as "getting too big," or "selling out," or whatever bullshit alternative



Frank Ockenfels III

**We're not in Kansas anymore— Freedy Johnston hits the big time.**

comment you'd want to make. Now I see how that happens. I see how the record company — you know, they're salesmen, for god's sake — they have to fucking move the shoes, move the soap. That's what they know. I respect some artists, like PJ Harvey, or even Nirvana, who've been kind of bratty and really difficult with their companies and not submitted to the usual hype.

Generally all that does is just piss off the record companies; I'm not the kind of person that does that sort of thing. It's not in my nature. I'm a songwriter, man, you know? I stay in my room alone, working.

**TVO:** How has it been going on Letterman's *Late Show* and *Late Night with Conan O'Brien*?

**Johnston:** As far as doing [those shows] and MTV interviews, that's totally fine. Whatever it takes. And as far as radio goes, I love going on the radio. I think one day I can see myself, as an old man, past my prime, doing a radio show. That's where I discovered music.

**TVO:** Are you nervous when you perform?

**Johnston:** No, I never get nervous. I get agitated sometimes, but not nervous.

**TVO:** What do you do when you're not touring or making music?

**Johnston:** Oh, I'm a pretty boring person. That's about all I do. When I have time off, I just kind of hang out, play records, and work on songs. I try to do that on a daily basis.

**TVO:** What music do you listen to?

**Johnston:** I have pretty dated tastes. I listen to a lot of old country artists like Hank Williams, Merle Haggard, Buck Owens, or I listen to early '70s Stevie

Wonder, or Elvis Costello, Marvin Gaye, Prince, or the Pixies.

**TVO:** The song "Cold Again" has a prominent female vocal part, and "Down In Love," from your last album, was a duet with Syd Straw. Do you see yourself doing more collaborations in the future?

**Johnston:** I really love singing with people. I haven't done it very often. I want to do that. Sure. Whose voice do I really like? I know Suzanna Hoffs [from the Bangles] through her covering a couple of my songs. They were unfortunately never released, but I met her, and sang with her a couple of times; she has a great voice. Or Mary Gaines, who sang on *This Perfect World*, she has a wonderful voice. It's really kind of smoky. And Syd

has a wonderful voice. Next time around who knows what's going to happen. I just have to get the songs done first.

**TVO:** Has there been anything that's been a high point of your music career so far?

**Johnston:** I don't know, because I don't really think about it. Yet. I guess if I look back a couple years, I have made some progress. I'm actually on the radio, which I love; I'm a big radio fan. I'm on the road full-time now, my day job days are gone. So I suppose things are quite different than they were, two, three years ago, and yet it really doesn't feel that way to me. I think that to my mom and my sister, the big thing would be, "Oh, you went on the Letterman show!" or, "I heard him on NPR," or, "I saw him in *Rolling Stone*." I'm a pretty humble guy — it's important for me to be that way — so those things aren't that big of a deal. But for my family, you know, for my brother, for example, it's a big fuckin' deal [laughs]. So I acknowledge that. For me, it's much more important to make good records, and do good shows. That's where it's all at.

*Freedy Johnston will appear at Pearl Street in Northampton on Tuesday, December 6 with opening act The Schramms at 8 p.m. Call 584-7771 for information*

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# Summer Of Our Discontent

Hartford Stage's provocative production of a Tennessee Williams classic  
by Mark G. Auerbach

**H**artford Stage's current production of Tennessee Williams' *Suddenly Last Summer*, as envisioned by the controversial avant-garde director JoAnne Akalaitis, is more than cutting-edge. In Akalaitis' hands, this stunning and often disturbing production leaps right over the edge. It's sometimes fueled by the director's bold visions, sometimes wrapped up in pretentious imagery. Buoyed by strong performances and fascinating production elements, *Suddenly Last Summer* is definitely as controversial as is Akalaitis herself. Whether one agrees with the director's vision or not (I would have preferred a more conventional approach — StageWest's production a couple of years ago was most effective in that regard), the Hartford Stage production is a riveting feast for the eyes and ears.

For the record, Tennessee Williams is considered to be one of America's greatest 20th-century playwrights, with a list of masterworks — *A Streetcar Named Desire*, *Cat on a Hot Tin Roof*, *The Glass Menagerie*, and *Suddenly Last Summer* among them. Known for his Southern sensibilities, his vivid characters, his exquisite use of language, and his ambiguous and often mysterious mode of storytelling, Williams' plays are classics with a contemporary edge. *The Glass Menagerie* is currently enjoying a crit-

ically-acclaimed run on Broadway; Christopher Durang's zany parody of that classic, *For Whom the Southern Belle Tolls*, is an Off-Broadway hit. *Suddenly Last Summer* was first produced in 1958 as part of a double-bill called *Garden District*; a year later, Joseph Mankiewicz directed the film version, which starred Katharine Hepburn, Elizabeth Taylor, and Montgomery Clift.

Tennessee Williams described *Suddenly Last Summer* as "not a realistic play. I hope people will realize that it's a moral fable of our times." And, indeed, there are several autobio-

graphical elements in this tale of Violet Venable, a wealthy Southern matriarch, who grieves over the loss of her only son, the sensitive poet/artist Sebastian. Violet vows to keep the circumstances of Sebastian's death a secret at all cost, even though it means having her niece Catherine, who witnessed Sebastian's

death, committed to an institution in order to silence her. The script is rich with strong characters wrapped up in delusions, sultry exposition, and a sense of mystery. It's classic Williams on every level.

Marina Drahici's surreal New

Orleans garden set is awash with bold brushes of color; David C. Woolard's costumes mesmerize, and Jennifer Tipton's lighting is

atrist, and Myra Lucretia Taylor is right on the mark as Sister Felicity.

Hartford Stage pairs the not-quite-full-length *Suddenly Last Summer* with Williams' 1948 short

story *The Poet*, dramatized by Akalaitis as "a choreographed piece of fiction." The Williams estate has never before given per-

mission for one of the playwright's short stories to be set for the stage. They might reconsider after observing Akalaitis' quirky treatment of the work, which is an ensemble recitation of the short story, accompanied by odd movement and "choreography." Ms. Taylor and Dawn Akemi Saito provide the balance here — Taylor's rich voice and presence and Saito's dexterity and sinewy movement are worth watching.

Audience response to this production will be as controversial as the director's vision, and I assume that there will be vocal camps of critics on each side of the fence. But, like or not, the production elements, the performances, and Williams' work guarantee a riveting two hours worth of theatricality. ★

Hartford Stage presents *Suddenly Last Summer* and *The Poet* through December 17. For tickets, call (203) 527-5151.

**[This production] is sometimes fueled by the director's bold visions, sometimes wrapped up in pretentious imagery.**



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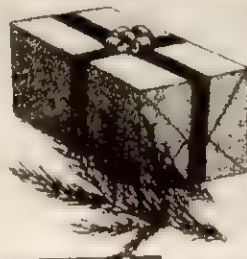
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go dancers from 10 p.m. - 1 a.m.  
Selectrocutation at Katina's (586-4463) in Hadley  
Open Mike Night at the Mole's Eye Café (802-257-0771) in  
Brattleboro

## Friday December 2

Tom McClung and Andy Jaffe perform a jazz piano duet at the  
Montague Bookmill (367-9206) in Montague at 8 p.m.  
Betty, a duo that blends comedy, skits, and pop music,  
appears at the Iron Horse Music Hall (584-0610) in  
Northampton at 7 p.m.  
Extremos, the mysterious floating nightclub, appears at the  
Iron Horse Music Hall (584-0610) in Northampton at 10 p.m.  
Miss Reed and Cardinal Woolsey have a rockin' good time at  
the Bay State Cabaret (584-8513) in Northampton 21+  
De La Soul groove at the Pearl Street Nightclub (584-7771) in  
Northampton with Shooty Groove and Kids from Afreak at  
7 p.m. 18+  
Soup and Jaya the Cat  
perform downstairs at  
Pearl Street (584-  
7771) in Northampton  
The Great Koolhaas Band  
plays part of the  
Friday Blues in  
December at the  
Hotel Northampton  
(584-3100) from 7:30  
p.m. - 11:30 p.m.  
The South End Jazz  
Band plays at the Via  
Rose (547-6667) in  
Ludlow  
Retro Night at Pearl Street  
9pm - 1am 21+

De La Soul,  
could you  
explain  
yourselves a  
bit? "We  
be...the  
stickabush in  
your ear this

year 4 our style be not from acne, so it's certified to run beyond the  
breakdown. We be De La Soul because we listen to our soul as well as  
our minds." De La Soul will take the stage at Northampton's Pearl Street  
Nightclub on December 2.

Laser Disc Dance Party at Katina's (586-4463) in Hadley  
Karaoke Night, the last word in hip hangouts, at the World War  
II Club (586-3314) in Northampton  
18+ Dance Party with DJ Belsey at the North Star 10 p.m. - 1  
a.m.

## Saturday December 3

Chuck Mangione and his quartet jazz it up at the Iron Horse  
Music Hall (584-0610) in Northampton at 7 and 10 p.m.  
Slughog, Sons of the Corporate Dog, Shiva Speedway, and  
Meisterfricht rock the Bay State Cabaret (584-8513) in  
Northampton 21+  
The Bogmen do the swamp thing at the Pearl Street Nightclub  
(584-7771) in Northampton at 8:30 p.m. 18+  
Ellen Cogen plays as part of the Saturday Jazz series at the  
Hotel Northampton (584-3100) from 8 p.m. - midnight  
Higher Help brings their vibrant R&B to the Villa Rose (547-  
6667) in Ludlow  
Cindy Rallet performs folk music at the Montague Bookmill  
(367-9206) in Montague at 8 p.m.  
Saturday Brunch with pianist Mike "Cody" at the Green River  
Café in Greenfield (773-3312)  
Top 40 Club Music with DJ Lance at Pearl Street 9 p.m. - 1  
a.m. 21+  
21+ Dance Party with DJ Steven at the North Star 10 p.m. - 1  
a.m.  
Selectrocutation at Katina's (586-4463) in Hadley  
Island Dance Party with DJ Dan at the Hadley Pub on Rte. 9  
Sunday December 4  
Alison Krauss & Union Station play the Pearl Street Nightclub  
(584-7771) in Northampton with The Cox Family at 7 p.m. All  
ages  
Dixie Dregs, featuring Steve Morse, perform at the Iron Horse  
Music Hall (584-0610) in Northampton at 7 and 10 p.m.  
Flycatcher and Amanda's Dirty Secret rock the Northampton  
Brewery (584-9903) at 10 p.m.  
Dar Williams appears with Jim Henry at the Amherst College  
Campus Center Frontroom (542-5773) at 8 p.m. Call 586-  
8686 for tickets  
Ed Gerhardt plays a holiday show at the Montague Bookmill  
(367-9206) in Montague at 7 p.m.  
Retro Dance Nite at the North Star with DJ Belsey and female  
go-go dancers 9:45 p.m. - 1 a.m.



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Dec 2	Peru Andes	south american	\$5
Dec 3	Richard Berman	song writer	\$6
Dec 8	Eshu Bumpus / Doug Mac Millan	jazz	\$4
Dec 9	Leticica	songwriter	\$4
Dec 10	Brookfield Farm Benefit	with "One Journey"	\$5

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Nov 30

• JOE KENNAN BAND

DEC 7

• NEW HORIZONS

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# Valley Music

Hadley.  
the World War  
10 p.m. - 1

Iron Horse  
10 p.m.  
dway, and  
3513) in

et Nightclub  
eries at the  
midnight.  
Rose (547-

Bookmill  
Green River

9 p.m. 1

10 p.m. - 1

b on Rte. 9.

et Nightclub

y at 7 p.m. All

a Iron Horse

10 p.m.

Northampton

rst College

n Call 586-

Bookmill

and female

## Monday December 5

Testament rocks hard enough to make you fill out your Last Will at Pearl Street Nightclub (584-7771) in Northampton with Downset and Red Square at 7:30 p.m. All ages. Gay Night at Katina's (586-4463) in Hadley. Blue Monday at the Bay State Cabaret with Ed Vadas & the Fabulous Heavyweights. No cover! 21+. R&B Dance Party at the Iron Horse Music Hall (584-0610) in Northampton at 8 p.m.

## Tuesday December 6

Freedy Johnston plays with special guest The Schramms at Pearl Street Nightclub (584-7771) in Northampton at 8 p.m. Larry McCray mixes blues with rock, soul, and even metal at the Iron Horse Music Hall (584-0610) in Northampton at 8:30 p.m. Open Mike Night at the Northampton Brewery with Rob Skelton. Open Mike Night at the Green River Café (773-3312) in Greenfield at 8 p.m. Open Mike Night at the Hadley Pub on Rte. 9.

### Writing songs only

### a guitar can sing,

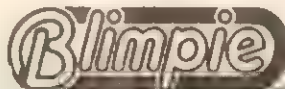
Ed Gerhard is well known for his appearances with performers like Taj Mahal and Arlo Guthrie; his solo performances are equally memorable for his inspired guitar virtuosity and spontaneous humor. Gerhard brings his six-string and steel-body slide guitars to the Montague Bookmill in Montague on December 4.

## Wednesday December 7

Bender hosts the Electric Open at the Bay State Cabaret (584-8513) in Northampton. 21+. No Cover! Sign-up begins at 9 p.m. New Horizons brings their reggae to the Northampton Brewery (584-9903) at 10 p.m. Reggae Party at the Hadley Pub on Rte. 9. Gay Night dancing at Pearl Street from 9 p.m. - 1 a.m., music provided by DJ Dennis. 21+. Open Music Night at the Black Sheep Café (253-3442) in Amherst at 7 p.m. Teen Dance Night at Katina's (586-4463) in Hadley from 7 p.m. - midnight. Country Western Dancing at the North Star with DJ from 8 - 11 p.m.

## Thursday December 8

The Hawaiian Slack Key Guitar Tour will play traditional Hawaiian music at the Iron Horse Music Hall (584-0610) in Northampton at 7 p.m. Klar's bar at 10 p.m. Eugene Chadbourne and Zeke Fiddler make up a very odd double-bill at the Bay State Cabaret (584-8513) in Northampton. 21+. Big Chief and The Goats groove the Pearl Street Nightclub (584-7771) in Northampton at 8:30 p.m. 18+. Open Mike Blues Jam at the Hadley Pub on Rte. 9. Boyz' Nite Out at the North Star with DJ Steven and male go-go dancers from 10 p.m. - 1 a.m. Selectrocutation at Katina's (586-4463) in Hadley. Open Mike Night at the Mole's Eye Café (802-257-0771) in Brattleboro.



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**Fri. Dec. 2nd**  
Walk That Walk  
**Sat. Dec. 3rd.**  
Hornets  
**Wed. Dec. 7th**  
Blues Jam w/Hot Hammer Soup  
**Thurs. Dec. 8th**  
Orphans  
**Fri. Dec. 9th**  
Mark Nomad  
**Sat. Dec. 10th**  
Art Steele  
**Wed. Dec. 14th**  
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7 & 10PM

**MON 5 • RHYTHM & BLUES DANCE 8PM \$5**

**TUE 6 • LARRY McCRAY DELTA BLUES**

**THU 8 • HAWAIIAN SLACK KEY**  
**GUITAR TOUR 7PM WRSI AND ACP PRESENTS**

**THU 8 • KLAR'S BAR**  
AN ALTERNATIVE TO LATE NIGHT SOCIALIZING 10PM

**FRI 9 • THE PERSUASIONS**  
WRSI PRESENTS GET DOWN R & B 7PM

**SAT 10 • SAFFIRE: UPPITY BLUES**  
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continued on page 20

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**DEC 11**

• GO FIGURE  
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Tuesdays 10pm-12am

**DEC 6**

• ROB SKELTON

**DEC 13**

• JOHN ALLEN



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**Weds. 11/30**  
Bay State Electric Open: no cover. Hosted by:  
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**Thurs. 12/1**  
8 pm MFA Poets  
9:30 pm TRAILER PARK

**Fri. 12/2**  
**MISS REED,**  
**CARDINAL WOOLSEY,**  
**WAITING KATES**

**Sat. 12/3**  
**SLUGHOG, SHIVA SPEEDWAY,**  
**SONS OF THE CORPORATE**  
**DOG, MEISTERFRICHT**

**Weds. 12/7**  
Bay State Electric Open: no cover. Hosted by:  
**BENDER**

**Thurs. 12/8**  
**EUGENE CHADBOURNE,**  
**ZEKE FIDDLER**

**Fri. 12/9**  
**JAYA THE CAT, THE MARSHES**

**Sat. 12/10**  
**DIESELMEAT,**  
**MOVIOLA, BLOOM**

**Weds. 12/14**  
Bay State Electric Open: no cover.

**Thurs. 12/15**  
**ANTIETAM, TWITCH, TIZZY**

**Fri. 12/16**  
**THE SIGHS, SCUD MT. BOYS**

**Sat. 12/17**  
**CHECK, PLEASE!**

**Sat. 12/31 New Years Eve**  
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# Pioneer Valley Music

## Friday December 9

The Indigo Girls, longtime area favorites, play the Mullins Center at the University of Massachusetts at 8 p.m. Call 545-3001 for information.

The Persuasions, using only their voices, feet, and hands to woo audiences, appear at the Iron Horse Music Hall (584-0610) in Northampton at 7 p.m.

War plays "Low Rider" and many others at the Pearl Street Nightclub (584-7771) in Northampton at 7 p.m.

The Art Steele Blues Band plays as part of the Friday Blues in December at the Hotel Northampton (584-3100) from 7:30 p.m. - 11:30 p.m.

The Equalites (local reggae) and Jaya the Cat (ska-core) play the Bay State Cabaret (584-8513) in Northampton 21+.

City Lights performs at the Villa Rose (547-6667) in Ludlow.

It has been thirty years since he last performed on the trumpet, and three years since he's appeared live, but energetic jazzman **Chuck Mangione** is back on the scene with a couple new album releases and a national tour. The man who conquered the world with "Feels So Good" in the '70s is back in the swing of things at Northampton's Iron Horse Music Hall on December 3 at 7 p.m.



Karaoke Night (check it out!) at the WWII club (586-3314) in Northampton.

Retro Night at Pearl Street 9 p.m. - 1 a.m. 21+.

Laser Disc Dance Party at Katina's (586-4463) in Hadley 18+.

Dance Party with DJ Betsey at the North Star 10 p.m. - 1 a.m.

## Saturday December 10

The Screaming Cheetah Wheelies rock the Pearl Street Nightclub (584-7771) in Northampton with guest Blue Rodeo at 8:30 p.m.

Saffire: The Uppity Blues Women bring their sass to the Iron Horse Music Hall (584-0610) in Northampton at 7 p.m.

Miracle Legion, legendary alternative rock pioneers, are at the Iron Horse Music Hall (584-0610) in Northampton at 10 p.m.

Marion Groves & Tom McClung play as part of the Saturday Jazz at the Hotel Northampton (584-3100) from 8 p.m. - midnight.

Dave Brinnel plays as part of the Saturday Jazz at the Hotel Northampton (584-3100) from 8 p.m. - 12 p.m.

Deselmeal and Bloom rock the Bay State Cabaret (584-8513) in Northampton 21+.

Island Dance Party with DJ Dan at the Hadley Pub on Rte. 9.

Selectrocution at Katina's (586-4463) in Hadley.

Top 40 dancing with DJ Lance at Pearl Street (584-7771) in Northampton.

21+ Dance Party with DJ Steven at the North Star. 10 p.m. - 1 a.m.

## Sunday December 11

John Densmore, the drummer behind the Doors, will appear for a lecture/Q&A/performance/video presentation at the Iron Horse Music Hall (584-0610) in Northampton at 7 p.m.

Gregg and Janis were at the Northampton Brewery.

Monday December 12

Reggae Night at the Iron Horse Music Hall (584-0610) in Northampton at 7 p.m.

Island Dance Party with DJ Dan at the Hadley Pub on Rte. 9.

Selectrocution at Katina's (586-4463) in Hadley.

Top 40 dancing with DJ Lance at Pearl Street (584-7771) in Northampton.

21+ Dance Party with DJ Steven at the North Star. 10 p.m. - 1 a.m.

## Tuesday December 13

God Street Wine and yePi are set to jam at the Pearl Street Nightclub (584-7771) in Northampton.

Paul Kelly (notable Australian songwriter) plays with Margo Hennebach at the Iron Horse Music Hall (584-0610) in Northampton at 7 p.m.

Open Mike Night at the Northampton Brewery with John Allen.

Open Mike Night at the Hadley Pub on Rte. 9.

## Wednesday December 14

Joan Osborne brings her vocal power to the Iron Horse Music Hall (584-0610) in Northampton at 7 p.m.

The Tom McClung Trio plays the Northampton Brewery (584-9903) at 10 p.m.

Reggae Party at the Hadley Pub on Rte. 9.

Country Western dancing at the North Star with DJ Sparkie from 8 - 11 p.m.

Teen Dance Night at Katina's (586-4463) in Hadley from 7 p.m. - midnight.

Gay Night dancing at Pearl Street from 9 p.m. - 1 a.m., music provided by DJ Dennis.

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BON JOVI 12/8

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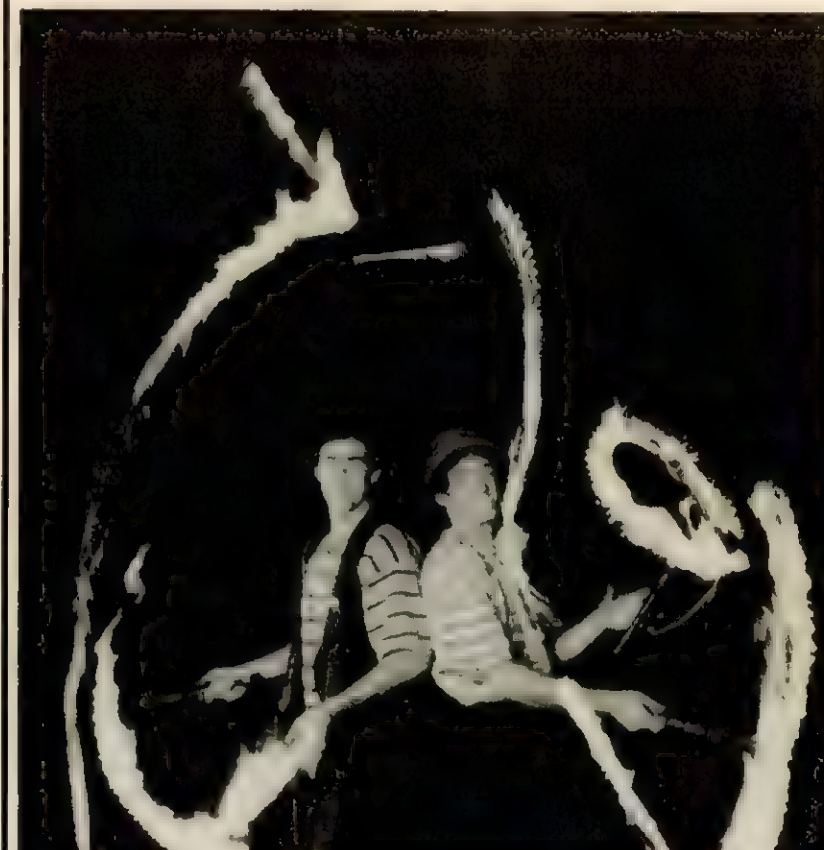
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# COMMUNITY CALENDAR

## OPPORTUNITIES

**Historic Deerfield's new education program,** "Eighteenth Century Deerfield: The Life of English Settlers on the New England Frontier (1700 - 1750)" provides students with an opportunity to experience many aspects of eighteenth-century life through active learning. Contact the Coordinator of School Tours at (413) 774-5581.

**The Northampton Community Music Center** announces the formation of an all-city chorale. All students aged 8 - 12 are welcome to join and sing all kinds of music. Rehearsals will take place on Saturday mornings, beginning November 5th - January 28th, 10 - 11:30 a.m. at the Center. To enroll, call 585-0001.

The Amherst Astronomy Association conducts free public **solar observing**, 1 p.m. every clear Sunday on the Amherst Town Common. Planetarium shows are also held at 3 p.m. every Sunday at the Amherst College Bassett Planetarium. Call Tom Whitney for information at 256-6234.

**Become a star on Amherst Community Television** through underwriting support of Amherst town meetings, Select Board meetings, special events and the bulletin board. For more information, call 256-1010 or write to Amherst Community Television, All Underwriting Coordinator, 246 College Street, Amherst, MA, 01002.

**The Fall Planetarium Schedule at the Springfield Science Museum** will take effect with "Sky Show" at 1 p.m. and "Magic Sky" at 2 p.m. on Saturday and Sunday. Call (413) 733-1194 for more information.

The Stonehedge Inn of Tyngsboro, Mass., presents a taste of Bordeaux as part of a **monthly wine dinner series** highlighting Grigich Hill Cellars, Joseph Pheasant and Burgundy. Wine dinners are held on the first and third Thursdays of each month. Call (617) 881-1111 for more information.

**The Jones Library English as a Second Language Center** (617) 490-0101 needs volunteers to teach English and basic skills to adult immigrant. No experience necessary.

The National Academic Fund for Administration has **college scholarships available**. For information, call (800) 9X-TEAMS. The deadline for entry is February 6, 1995.

**The Hampshire Choral Society** invites new and old members to attend weekly rehearsals every Tuesday 7:30 - 9:30 p.m. at First Churches in Northampton. For further information call 584-6604.

**The Amherst History Museum** seeks speakers, crafters, and volunteers for upcoming events: a series of noontime lectures on the history and the arts of Amherst and its region, and a series of craft workshops that will be part hands-on and part history. Contact Mrs. LeLachur with ideas or your interest at 256-0678.

**The Holyoke Tutor/Mental Program**, sponsored by the Greater Holyoke Chamber of Commerce, is recruiting volunteers interested in helping adult learners improve their English skills. Contact Mr. Smith at 534-3376.

**The MYNEX Science and Technology Awards** will offer the largest package of scholarships, grants and awards up to \$750,000 for any student science

send a self-addressed, double-stamped envelope plus \$2 to cover handling to the National Academic Funding Administration, 26 Coe Drive, Suite 1300, Durham, NH, 03824.

The Northampton Community Music Center offers a new program for adults: **The Adult Chamber Music Network**. Instrumentalists with any amount of experience will be placed in an appropriate ensemble. Call the Northampton Community Music Center at 585-0001.

**The Homework Club** needs volunteers for an after-school program designed to help children from non-English-speaking families do their homework. The club meets at two separate locations in Amherst and Northampton four days a week, Monday - Thursday, 4:30 - 6:00 p.m. Contact Scott, Heap, or Seng at the Cambodian American Association at 253-0696.

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members. To participate, send a card with your name, address, and pet peeve on the beer business to Beer Drinkers Union USA, 75 Pine Street, Brattleboro, VT, 05301.

**The International Language Institute** seeks families in the Northampton area to host international students who are studying English at the school. The students, from varying backgrounds, are ages 18 - 20 and stay 4 - 12 weeks. A stipend is provided. Call 586-7569.

**The International Language Institute** offers free English as a Second Language classes to residents of Franklin and Hampshire Counties. For more information, or to schedule an appointment, please call 586-7569.

**International Language Institute** is looking for volunteer tutors for its English as a Second Language program. Training is provided and a six-month commitment is required. For more information call 586-7569.

**The Homesharing programs** in Hampshire and Franklin Counties seek householders who would like to share their homes with others by exchanging rent for services. Arrangements can be made for elder care, child care, or household chores or repairs. Call the Homesharing Office at the University of Massachusetts at 545-4466 or the Franklin County Home Care Corporation at 773-5555.

**"Stepping Stones to a Jewish Family"** is an educational and experiential year-long program designed to help present an overview of Jewish Programs available in the area. For more information call Gai Glickman White at 586-4967 or 584-3593.

Can you spend a few hours a week sharing the joys of autumn with a lonely child? **The Companion Program**, a United Way Agency, has a waiting list of children who need the friendship and positive role model that an adult companion can provide. Please call the Resource Center at 253-2591.

**Resident ensemble theater company** forming for an ongoing series produced by The Black Sheep Theatre.

## Industrial Images

The show will be on view thru December 31, with tours of the show held on December 13 and 17 at 2 p.m. Call (508) 799-4406 for more information.

—Melinda Webber



Northampton Science Center  
18th Street  
Northampton, MA 01060

For more information call (508) 799-4406

Work for women's rights by volunteering for the Greater Holyoke Chapter of the National Organization for Women. To get involved call (617) 782-1166.

**The Beer Drinkers Union**, formed by beer anthropologist and author Alan Eames, welcomes new

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# COMMUNITY CALENDAR

## GLB EVENTS/INFO

**Issues in Gay and Lesbian Communication** will be discussed by Kathryn Wiss, Prof. of Communications, at Western Connecticut State College at UMass's Campus Center, room 904 on December 7, noon - 1:30 p.m. Call 545-4824 for more information.

Frank Aquino, writer/performance artist, lectures **On Choosing a Homosexual Lifestyle** at UMass's Campus center, room 803 on December 8, 12 p.m. - 1:30. Call 545-4824. Lecture is free.

**Queer Pier**, a performance by Frank Aquino, will take place in the Commonwealth Room in UMass's Student Union on December 10 at 8 p.m. Admission is sliding scale, \$3 - 5. Call 545-4824 for more information.

**Lesbian Studies in the United Kingdom** will be discussed by author Sally Munt at UMass's Campus Center, room 917 on December 14, noon - 1:30 p.m. Call 545-4824 for more information.

To give or receive information about gay, lesbian, or bisexual events, resources, counseling, 5-college groups, announcements, and more, call **LAMDA**, the UMass Program for GLB Concerns' 24-hour information line, at 54-LAMDA (545-2632).

**The UMass Program for Gay, Lesbian and Bisexual Concerns** seeks UMass graduate students, and undergrads with work study, for positions in the program. For more information call 545-4824.

**Blatant**, a monthly newsletter of events at UMass and the area gay community, is free to any Five College address, other subscriptions are \$4 - \$7 sliding scale. Call 545-4824 for more information.

**The Pioneer Valley Gay Men's Chorus** is open to new members and is preparing for an exciting 1994 - 95 season. For additional information contact PVGMC at 586-1775.

**LEAH** (Lesbian Education and Health, 586-2016) offers free comprehensive physical exams, mammograms, and education of breast health to lesbians.

**Discussion/Support Group** for gay and bisexual men Fridays 7:30 - 9 p.m. in Room 311, 16 Center Street in Northampton. Call 585-5819.

**Lesbian Adult Children of Alcoholics** therapy group meets on Tuesday evenings in Amherst. Call LifeCourse Counseling Center at 253-2822.

**Lesbian and Bisexual Women's Therapy Group** meets on Thursday evenings in Amherst. Call LifeCourse Counseling Center at 253-2822.

For information about a **Gay and Bisexual Men's Therapy Group** call LifeCourse Counseling Center at 253-2822.

**Exploring Your Sexual Orientation** is an ongoing group for anyone wanting to explore this issue in a safe, nonjudgmental environment. Meets Tuesday evenings. Call LifeCourse Counseling Center at 253-2822 for more information.

**Gay Teens:** Pioneer Valley Gay, Lesbian, and Bisexual Youth Project welcomes new members. Teen support group (under 21) and mentor program. Northampton based. Call 24 hours 584-4213.

**Out Now Teen Group of Springfield**, a support educational and recreational group for gay, lesbian and bisexual teens or those questioning, meets Fridays 3:30 - 5 p.m. in Springfield. Call LifeCourse Counseling Center (253-2822).

**Deadline** for calendar submissions is the Monday one week before publication. Please direct all material to Calendar Editor, Optimist Publications, 13 Old South St., Northampton, MA 01060.

## DANCING

**English Country Dance** will take place with live music at Munson Hall in South Amherst on December 3, 8 - 11 p.m. Soft-soled shoes only, admission is \$5.

**DansKinetics**, a combination of yoga, aerobics and meditation, every Monday evening 6 - 7:15 p.m. at East Street Studio and Thursdays 7 - 8:15 p.m. in Greenfield. Call (413) 774-3281 for more information.

A class in **Contact Improvisation**, in which dancers with disabilities and able-bodied dancers explore creativity with touch and movement, is being offered through Amherst Leisure Services. Call (413) 256-4065 to register.

**The Barn Studio in Amherst** announces its fall schedule of classes for adults and children. Offerings range from yoga to modern dance to Y.E.S. (Youth Empowerment & Safety Program) and much more. Call Director Mindi Sahrner at 253-3008 for information.

**Scandinavian Dance** every first and third Thursday at 8 p.m. at the East Street Studio in Hadley. Call 586-4385 or 536-8760 for further information.

## No Backup Required

Where's the Band serves up a capella with a twist. The quartet will perform a musical mix ranging from doo-wop to Broadway, from classic '50s to holiday sounds, on December 10 at Westfield State College. Four diverse and distinct singing backgrounds combine to inspire the show, part of the Denver Auditorium's Music and More Series. Call (413) 572-5295 for information.

— Hanna Howe



## ISSUES/SPECIAL INTERESTS

Ongoing Menopause Support Group for all women anticipating, experiencing, adjusting to, or just thinking about menopause. It meets every first and third Wednesday 6:30 - 8 p.m. in Amherst. Call 253-5494 for registration information.

The Mercy Hospital Alumnae are accepting applications for a scholarship for the hospital's School of Nursing. Candidates may call Agnes Kelly (789-0272) or Rose O'Brien (732-2786) for more information and an application.

The Counselor/Advocate Program of the Everywoman's Center at UMass is sponsoring on-campus support groups for adult survivors of rape or childhood sexual abuse. Call 545-0800 for more information. The Counselor/Advocate Program of the Everywoman's Center at UMass offers regularly-scheduled 9 The 24-hour crisis hotline number is staffed by Spanish-speaking counselors Monday - Friday 8 a.m. - 12:30 p.m. The hotline phone number is 545-0800.

**Women At Large** is a positive and empowering support group for large women only. Meets Wednesdays 7 - 8:30 p.m. For location or more information call 774-3221.

The Massachusetts Alliance to Limit and Eliminate Radioactive Trash holds meetings at the Black Sheep Deli in Amherst every Thursday at 10:30 a.m. Call 585-9339.

**Statewide HIV Antibodies Counseling & Testing Hotline (800-750-2016)** answers the questions of Massachusetts residents with questions about the HIV antibodies test. The hotline takes calls in both English and Spanish, and has TTY services for the hearing impaired.

**HIV Law Consortium Offers Free Legal Advice and Services** to income-eligible people who are living with HIV/AIDS. Bilingual advocates (Spanish/English) are available. Call 734-1843 for more information.

**The Boston Museum of Fine Arts** offers a variety of special-needs programs for visitors. For visitors with disabilities, free FM assistive listening devices are available in Remis Auditorium. For visually impaired visitors, "A Feeling for Form" tours include selected museum objects that can be touched. All of these programs are available by reservation at least two weeks in advance by calling (617) 267-9300, ext. 302 or TTY-TDD 267-9703.

**The U.S. Channel of Commerce for Higher Education** offers information on scholarships and how your elementary child can excel by earning a college degree. To obtain information send a self-addressed stamped legal-sized envelope to P.O. Box 127, Rule, TX 79547, and indicate SCHOLARSHIP or EXCEL.

classes. Call (413) 665-7130 for more information. **Amherst International Folkdancing** at the Bangs Community Center in Amherst 8 - 10 p.m. every Friday night. Call Eva and Gene at 549-6748 or Cindy and Dennis at 256-0188.

**Come learn the Two-Step** with "Doc" Haggerty, along with other line and freestyle dances, at the Northeast American School of Dance in Northampton every Tuesday and Thursday 7:30 - 9:30 p.m. Call 584-8521 for more information.

**Improvisational Dance** every Wednesday 8:15 - 10:30 p.m. at East Street Studio. All levels are welcome. For further information call 256-8627 or 624-3709.

**Beginning and Intermediate Yoga** Classes at various times and locations. For more information call 586-3259.

**Jazzercise** has classes at various times in Deerfield, Greenfield and Sunderland for all levels of fitness.

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# COMMUNITY CALENDAR

## COMMUNITY MEETINGS/CONFERENCES

**Prospects for the Progressive Agenda** will meet December 4, 2 - 4 p.m. at Amherst College Alumni House with members of the Progressive Legislators' Caucus Representatives. Call 253-3197

**Parents Anonymous** has started a group in Northampton for those who want to improve their relationships with their children, Thursdays, 6 - 7:30 p.m. Call (800) 882-1250

**A new men's group** will be held Sundays, 7 - 9 p.m., using a leaderless open format. Free. Call Max at 259-1740.

**"A Course in Miracles" study group** meets Tuesdays, 7:30 - 8:45 a.m. Call David P. Carney, MSW, at 253-2902

**Surviving Grief** a ten-week program held in Amherst, offers support through education and sharing for those who have lost a loved one. Call Joan Gibson at 253-3133

Contact Western Mass. Intergroup Office (532-2111) for **Alcoholics Anonymous** information, meeting times, or locations

**AL-AHON/ALATEEN**, support for those whose lives have been affected by someone else's alcoholism. For meeting times and locations, call 253-5261

## LECTURES

The Pioneer Valley Folklore Society will present "Folklore in the Sawmill Valley" December 10 at 2 p.m. Call 367-0101.

## CLASSES/WORKSHOPS

The Shea Theater (863-2281) in Turners Falls will present an **acting class open house** November 30 at 7 p.m. Classes are offered for ages 6 - adult

Amherst Writers and Artists will hold a **creative writing workshop** with Kate Nugent from December 1 - February 2. Call 665-2615. All levels welcome

**Art Therapy and the Dynamics of Oppression and Liberation**, an experiential workshop with Guillermo Cueller, EdD, will be held December 2 - 4 in Hatfield. Call 665-4880

**Winter art classes for children and adults** will be held at the George Walter Vincent Smith Art Museum (733-4214). Registration is due by December 6

The Impact Project is sponsoring two workshops on **money and social responsibility** December 1 and December 8. Call 584-1915.

A seminar entitled **"How to Create Successful Newsletter and Small Booklets"** will be held at Jones Library in Amherst December 8 and 13 from 6 - 9 p.m. Call 549-7561

The Guild Studio School in Northampton will hold **Holiday Art Workshops** in December. Call 584-3299

**Winter workshops** will be offered by the University of Massachusetts Division of Continuing Education. Call 585-0474

**Longmeadow Writers and Artists** offers creative writing for adults and children led by Barbara Cramer. Call (413) 567-8457

The Ennave Breath Work's will hold **Breathing Space** Tuesdays, 7:30 - 9 p.m. in Amherst. Call 253-2902

**Iyengar Yoga Classes** will be offered at Blue Moon Studios, Conway Center, on Monday mornings. Call

369-4456

The Leverett Recreation Commission presents **Yoga Classes** Tuesday nights at the Leverett Town Hall. Call Susan Valenine at 548-9810

The Northampton Yoga Center (585-5728) offers **daily yoga** classes, ongoing workshops, yoga therapy and counseling

**Valley Women's Martial Arts, Inc. (527-0101)** offers ongoing beginner classes for new students starting the first full week of every month

## OUTDOORS

**Historic Deerfield** offers carriage rides, daily walking tours, and the beautiful Blake Channel Meadow Walk. For information, call 774-5581

**Northfield Mountain Recreation and Environmental Center** (659-3714) features tours, boat rides, special programs, historic exhibits, hiking trails, camping, and canoe rentals

The **Amherst Astronomy Association** conducts public observatory viewing at 9 p.m. every clear Saturday in December at the Amherst College Wilder Observatory. Call 256-6234

## HEALTH/BODY

Holyoke Hospital will present a stress management workshop titled **"How Yule Cope"** on December 1, 7 - 9 p.m. Call Nancy Coley at 534-2599

The **Breast Cancer Support Group** will meet December 6 and 20, 7 - 8:30 p.m. at Mercy Hospital. Call 748-9080

The Hampshire County **AIDS Task Force** and the Western Massachusetts Women and AIDS Network will hold an educational forum December 12, 7 - 9 p.m. at Cooley Dickinson Hospital. Call 586-8871

Two **support groups for HIV-positive people** are ongoing in the area. Call Kevin McVeigh at 586-2016

**Ongoing Parkinson's Disease Support Group** has two meeting times and locations on Tuesday evenings. Call Ruthie (584-2192)

**Family and friends of cancer patients** meet at 7 p.m. on the second and fourth Wednesday of every month at the Church of the Apostles in Belchertown. Call Joan Gibson at 253-3133

**Give the gift of life** by becoming a blood donor at Mercy Hospital's Blood Bank. Call 748-9511 to make an appointment. Donors must be 18 or older

## OPPORTUNITIES

The Eastfield Mall (543-8000) in Springfield will hold **Pet Night with Santa**, December 4 and 11, 6:30 - 9:30 p.m.

**The Historic Northampton Holiday Shop** will be open for its third season through December 23. Assorted gifts of "local flavor" will be sold. Call 584-6011

There will be a **holiday gift wrap booth** at Caldor of Northampton to benefit the Visiting Nurse Association through December 25. For information or to volunteer to wrap gifts, call 584-1060

**Dog heroes sought** for the 41st Annual Ken-L Ration Dog Hero of the Year Contest. Heroic acts must have occurred after October 1, 1993. Send entries by December 31 to: Ken-L Dog Ration Dog of the Year, P.O. Box 1370, Barrington, IL 60011

**The planetarium at the Springfield Science Museum** presents "Sky Show" at 1 p.m. and "Magic Sky" at 2 p.m. on Saturday and Sunday. Call (413)

733-1194 for more information

Volunteers are needed by the Northampton Center for the Arts for **First Night 1995**. Call 584-0784 or 584-7327

The town of Amherst will hold a **junior high senior swim** every Saturday from 10:30 - noon. Call Amherst Leisure Services at 256-4065

**Arcadia Nature and Wildlife Sanctuary** (584-3009) needs volunteers to greet the public and answer telephones

Purchase **Forest Park Zoological Society memberships**. Funds will be used for animal care, food, and veterinary care during the upcoming winter month. Call 773-2251

A **Winter Solstice Weekend** will be held at the Open Hearth Home Center on December 16 - 18. Call 625-9638 to pre-register

**The Jones Library English as a Second Language Center** (256-4090) needs volunteers to teach English and basic skills to adult immigrants. No experience necessary

**The Homework Club** needs volunteers for an after-school program designed to help children from non-English-speaking families do their homework. Call the Cambodian American Association at 253-0696

**The Holyoke Tutor/Mental Program (534-3378)**, sponsored by the Greater Holyoke Chamber of Commerce, is recruiting volunteers interested in helping adult learners improve their English skills

Volunteer evenings or on special projects with staff and guests of **Northampton's shelter for homeless adults**. For more information call Priscilla Drucker at 586-6001 or 584-7329

## PERFORMANCES

**Christmas in the Nineteenth Century**, a concert by the American Vocal Arts Quartet, will be held November 30 at the Springfield City Library at 7 p.m. For information call (413) 739-3871

**First World Images** will present **Black Nativity**, by Langston Hughes, throughout the Pioneer Valley beginning December 1. For information and locations call 256-4065

**The César Franck Trio** from Italy will present the next Music-at-Amherst Series concert on December 2 at 8 p.m. in Buckley Recital Hall, Amherst College. For information call 542-2320

**The University Dancers** will perform in Bowker Auditorium December 1 - 3 at 8 p.m. on the UMass campus. For information call 545-2092

**The Northampton Chamber Players** will give its debut concert on December 2 at 8 p.m. in Philips Hall at the Northfield Mount Hermon School. The program will include works by Beethoven, Rossini and Dvorak. For information call 584-3558

Sleeveless Theatre presents **The Virgin Trip**, a new play by Maureen Fultner at the Northampton Center for the Arts December 2 - 4, 9 and 10 at 8 p.m. For information call 586-7282

The family musical **Annie** will be presented by the Amherst Leisure Services Community Theater on December 2 - 11 at the Amherst Junior High School Auditorium. For information call 256-4065

Gerwick Puppets will perform **Midwinter Magic** on December 3 at 12:30 p.m. at the Springfield Science Museum. Call 739-3871 for information

**The Asparagus Valley Contemporary Music**

**Ensemble** will present a concert with special guests The Apple Hill Chamber Players on December 3 at 8 p.m. in Buckley Recital Hall, Amherst College. Call 542-2195 for information

**The Youth Wind Ensemble** of Western Massachusetts will perform on December 3 at 7 p.m. at the Fine Arts Center, UMass. For information call 545-0018

Northfield Mount Hermon School will present **Antigone** on November 2 - 3 and 9 - 10 at 7:30 p.m. at the school's Silverthorne Theatre. For information call (413) 498-3267

The Opera Workshop at UMass will present **Opera for a While** on December 4 at 3 p.m. at Bezanson Recital Hall. For information call 545-2092

**The Young People's Symphony and Young People's Philharmonic** will present their winter concert on December 4 at 7:30 p.m. at Griswold Auditorium on the American International College campus, Springfield. For information call (413) 733-0636

Ryosuke Suganmi, a faculty pianist at the Community Music School of Springfield, will perform **Music for Children and Children at Heart II** on December 4 at 3 p.m. at the First Unitarian-Universalist Church, Springfield. For information call (413) 732-8428

**Estela Olevisky** will present an evening of Latin American Piano Music on December 5 at the Bezanson Recital Hall at UMass. For information call 545-2227

**Celebrations**, a multicultural dance company, will perform a concert featuring a wide variety of dance styles at 8 p.m. December 8 - 10 in Theatre 14 at Smith College. Call 585-2787 for information

**Welcome Yule**, a mid-winter celebration featuring music, songs, dances, stories and pageantry, will take place at the Shea Theater in Turners Falls December 9 - 11. Call the theater box office for information

**The Pioneer Valley Symphony Orchestra** will present the music of composer Carl Nielsen on December 10. For information call 256-6950

**Where's the Band?**, an a cappella quintet, will perform on December 10 at Westfield State College in the Denver Auditorium. For information call 572-5295

The Sterling and Francine Clark Art Institute presents the film series **Kenneth Clark's Civilization: A Personal View** through December 11. For information call (413) 458-9545

**Northfield Mount Hermon School Vespers** will be held on December 11 at 4 p.m. in Sage Chapel and at 7 p.m. in Memorial Chapel. For information call 498-3281

**The Hampshire Choral Society** presents a winter concert on December 11 at 2 p.m. at Saint Mary of the Assumption Church in Northampton. Call 586-8780 for information

## ART EVENTS/EXHIBITS

**Transitional Works**, an exhibit by Penné Krol, will run through November 31 at Holyoke Community College Gallery. Call 538-7000 for information

**Out of the Dog House**, sculpture and drawings by M.D. Tillyer, will run through December 1 at Springfield College Visual Arts Center Gallery. For information call 748-3753

**Healing Energies**, paintings by Jane Gruber, will run through December 1 at the Nacul Center in Amherst. For information call 256-8025

## STAGEWEST PRESENTS



BY CHARLES DICKENS

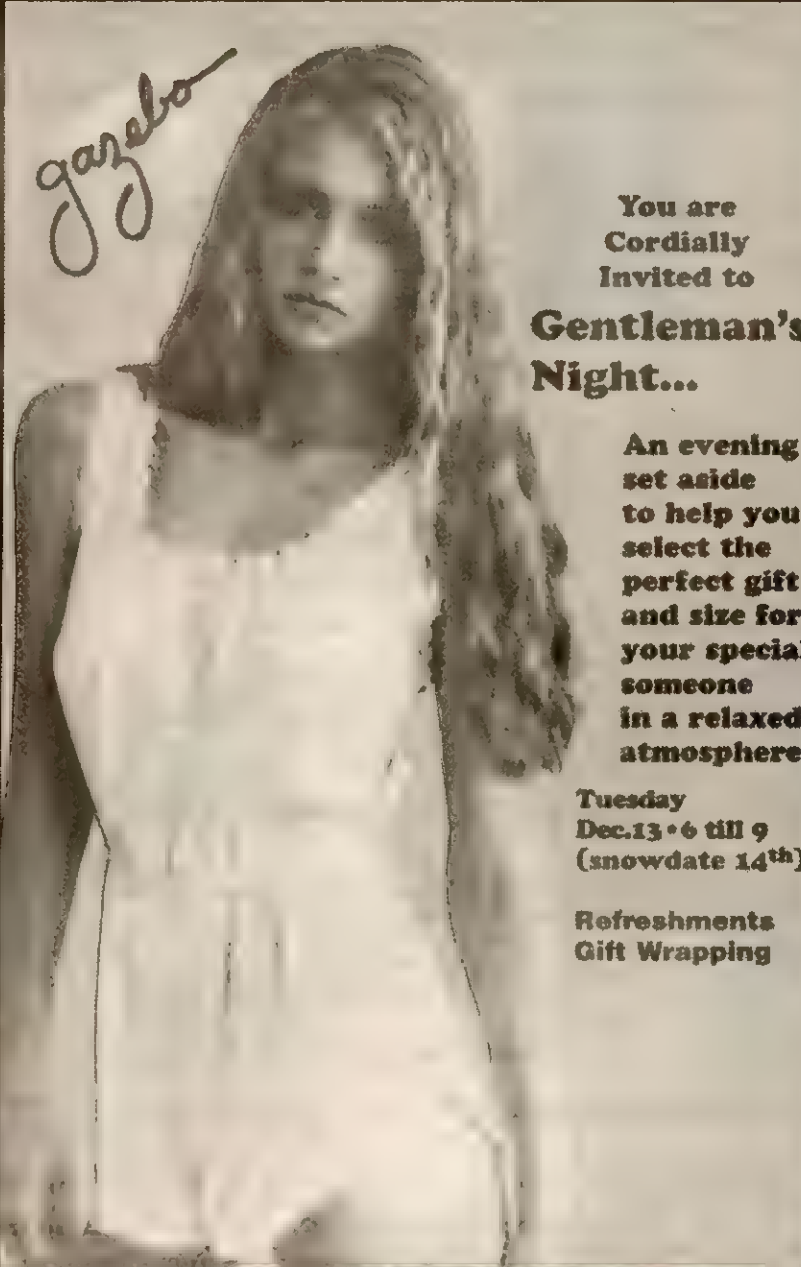
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# COMMUNITY CALENDAR

**Paintings by Joan Hopkins Coughlin** will show through the month of December at Jones Library. For information call 367-2469.

Marcia Reed-Hendricks and Karen Samuel present **Landscapes and Island Themes** at the Thronja Gallery in Springfield through December 3. For information call (413) 732-0260.

The weekend of December 3 and 4 is **F4**, Florence is the place to be the First weekend in December for a Fabulous Studio Sale of the Work of Five local artists. For information call 584-8760.

Thomas Mann is showing his **art jewelry** at the Ferrin Gallery of Pinch Pottery through December 4. For information call 586 4509.

Wheeler Art Gallery, on the UMass campus, will hold an **ART HAPPENING**, to display student works, on December 6, 4 - 7 p.m. They will also host an open poetry reading at 7:30 p.m. on the same day. For information call 545 2804.

**Sensitive Material: Recent Sculpture** by regional artists Carolyn Webb and Olivia Bernard Wilson will be on view at the Arno Mans Gallery, Westfield State College, through December 10. For information call (413) 568-3311.

The Northampton Center for the Arts presents **New Paintings** by area artist Betsy Feick through December 14 in the east and west galleries of the center. For information call 584 7327.

Holyoke Community College presents their annual **High School Art Exhibit**. The opening reception is December 8 and the show runs through December 14 at the HCC Art Gallery. For information call 538-7000.

**Icons/Idea Images**, a mixed media exhibit by Susan Katz, will be on display through December 14 at South Gallery of Greenfield Community College. Residential Arts, a program of The Fine Arts Center at UMass, will present the **15th Annual Graduate Group Show** at Hampden Gallery December 8 - 18. For information call 545-2804.

**Yet in Memory: Gifts to the Department of Prints and Drawings from the Late Jeffrey Shedd**, a collection of 15th - 20th-century drawings and prints, will be on exhibit at Sterling and Francine Clark Art Institute through December 18. For information call 458 9545.

Zone Art Center presents two exhibitions through December 18, **Three Born** by Albert Plarr and **Paintings and Drawings** by William Brovelli. Call 732-1995 for information.

Herter Art Gallery at UMass presents three exhibitions **Saints and Sanctuaries**, an installation by Paula Hodecker; **Fair Ground**, paintings by Stuart Elster; and **In Transit** life-size wood-cuts by Carlos Cruz Corras through December 22.

**Jean-Michel Basquiat: The Blue Ribbon Paintings** is on exhibit through December 22 at the Mount Holyoke College Art Museum. Information is available at 538-2245.

**Five Artists at Amherst College** will be on display in the Mead Art Museum through December 23. **Modern Impulse - Russia France and America: 1890 - 1950** will be showing through December 23 at the Mead Art Museum on Amherst College's campus. Call 542-2335 for information.

**Arts West**, a group exhibition by artists of Western Massachusetts, will be showing in Forbes Library Gallery December 2 - 30.

Williams College Museum of Art presents **The Field Room in Context: American Art 1860-1900** through December 31. For information call (413) 597

2429

**Delay in Glass: A View of Duchamp's Green Box** will be on exhibit at the Williams College Museum of Art through December 31. Call 597-2429 for information.

The Springfield Library and Museums will present a month of special exhibitions and activities based on a **Victorian Holiday** theme, through December 31. For information call 739 3871.

The Northampton Center for the Arts will present **1,2,3...x10: Works in Sequence** by area college faculty through January 1. For information call 584-7327.

Worcester Art Museum presents **Heritage of the Land: Contrasts in Native American Art and Life** through January 8. For information call (508) 799 4406.

At the Sterling and Francine Clark Institute are the exhibits **A Golden Harvest: Paintings by Adam Pynacker and Altered States: Conservation, Analysis, and the Interpretation of Works of Art**. For information call (413) 458 9545.

**Miracles of Mexican Folk Art: Retablos and Ex-Votos**, an exhibition of rare 18th- and 19th-century Mexican folk painting, will be on display at the Springfield Museum of Fine Arts through January 8. Information is available at 739-3871.

The Williams College Museum of Art will host **Sadhu, Hindu Holy Men: Photographs by Kevin Bubrick** through January 22. For information call 597-2429.

New works by contemporary impressionist **Alice Mongeau** will be on exhibit in the Sales and Rental Gallery of the Springfield Museum of Fine Arts through January 24, 1995. For additional information call (413) 739 3871.

Historic Deerfield will exhibit children's story tableaux in miniature at the Hall Tavern Museum and holiday room settings in the 1799 Asa Stebbins House until January 31. For more information call 774-5581.

The Worcester Art Museum presents **Insights: A Distant View**, an exhibition of traditional landscape by six artists, through February 26, 1995. For information call (508) 799-4406.

The Connecticut Valley Historical Museum has opened a new gallery dedicated to the significant role that greater Springfield played in the development of the firearms industry. For information call (413) 739-3871.

For a complete listing of **events for children and adults** at the Berkshire Museum in Pittsfield, call 443-7171.

For a listing of **films, demonstrations, and exhibitions** at the Museum of Fine Arts, Boston, call (617) 267-9300 ext. 448.

## EVENTS

The Student Union Craft Center at UMass will hold a **craft fair** December 1 - 2. For information call 545 2096.

The Amherst History Museum will host a **Victorian Christmas Open House** on December 2. For information call 256-0678.

The 6th annual **Artisans' Seconds Sale** will be held in Easthampton on December 2 - 4. For information call 527 5530.

**The Stockbridge Cabaret Christmas** on December 3 includes A Norman Rockwell Christmas and a performance of A Child's Christmas in Wales.

For information call 298-4032.

Smith School for Social Work will host a **Community Information Day** on December 3 at 2 p.m. in Wright Hall. Call 585-2190 for information.

Mohawk Trail Concerts and Mole Hollow Candles will present a **community holiday celebration** at Shelburne Falls Memorial Hall on December 3 at 4:30 p.m. For information call 625-9511.

Saint John's Church in Northampton will hold a **Christmas Fair** on December 3, 9 a.m. - 3 p.m. For information call 584-1757.

Santa Claus and Eastfield Mall host **Pet Nights with Santa** on December 4 and 11. For unusual requests or information call 543-8000.

Necessities/Necesidades is holding a **benefit crafts fair** on December 4, 10 a.m. - 5 p.m. at the Hotel Northampton. Please call 586-1125 for information.

The sophomore class of Mount Holyoke College presents the annual **Peddler's Fair** on December 3, 10 a.m. - 4 p.m. in Chapin Auditorium on the college's campus. For information call 538-2478.

**The Conway School of Landscape Design** will hold an Open House on December 3 for those interested in environmentally sensitive landscape design and land use planning. Call (413) 369-4044.

**The Mini-Mall** will be held on December 6 - 9 at the UMass Student Ballroom. For information call 549-1710.

The 24th annual **Madrigal Dinners** will take place December 8 - 10 at UMass. For reservations call 545-0418.

On December 10 the Wistariahurst Museum Association will be having their **Annual Holiday Cocktail Party** at the museum 6:30 - 11:30 p.m. Call 534-2216 for information and an invitation.

Berkshire Artisans is hosting its **First Annual Samples and Seconds Sale** December 2 - 18. For information call 499 9348.

Leverett Crafts and Arts Center will hold an **Open House/Open Studio** on December 10. For information call 548-9070.

The Deerfield Inn presents a **Mediterranean dinner with wines from Spain, Italy, Greece, and France** on December 11. For reservations call 800-926-3865.

**Backstage Tours at The Bushnell** are available on Wednesdays and Thursdays 11 a.m. - 3 p.m. To make arrangements call 527-3123.

A collection of holiday trees, decorated and contributed by community groups, will be on display through January 22 at Holyoke Heritage State Park. For information call 534 1723.

WFCR 88.5 FM will broadcast **Lyric Opera of Chicago** Saturdays at 1:30 p.m.

WFCR 88.5 FM will broadcast **Club Del Sol**, an hour-long Latin music series, on Saturday nights at midnight.

WFCR 88.5 FM is currently broadcasting **Concerts from the Library of Congress**, Mondays at 9 p.m.

## CHILDREN/YOUTH

**Exploring the World through Creativity - Movement and Dance** for children will be held on December 3, 1 - 4 p.m. at the Hitchcock Center. For information call 256 6006.

The Hitchcock Center for the Environment will host **Having Fun with Fossils and Dinosaurs** on December 10, 11 a.m. - noon. To pre-register call 256 6006.

Register now for a **Creative Writing Workshop for Kids**, facilitated by Anna Kirwan-Vogel. For information call 584-5264.

**The Children's Museum** in Holyoke hosts Small FryDay every Friday 9:30 a.m. - noon. For information call 536 KIDS.

**Boston's Museum of Fine Arts offers Youth Group Visits** and guided tours by appointment. For brochure and reservations call (617) 267-9300 ext. 310, Monday - Thursday 9 a.m. - 4 p.m.

Call the Children's Room (739-3871) at the Springfield City Library for dates and times of **story hour** for children.

**Pottery Class for children** meets Thursdays 3:30 - 5 p.m. at the Leverett Crafts and Arts Center. Call Donna at 259-1505. Ongoing enrollment.

**Whizbang Theater Arts Programs** is providing acting training for young people ages 8 - 18 at the Munson Library in South Amherst. Call 367-2658.

**Call the Boston Children's Museum's What's Up Line** for hours, exhibits, and weekly activity listings. (617) 426-8855.

Space is available at the Hampshire Regional YMCA's Kids at **Bear Hill Childcare Program**, which offers year-round care for children ages two months - five years. Contact Holly Martineau at the YMCA, 584-7086.

Aristar Calendar Company, in cooperation with the Children's Wish Foundation International, has launched a national contest to select **youngsters to be showcased in a 1996 "Kids" calendar**. For information about entering call (212) 986-4450.

## POETRY/PROSE

**Suzanne Strompek Shea** will be reading from her book *Selling the Lite of Heaven* at the Odyssey Bookshop on December 1 at 7:30 p.m. For information call 534-7307.

On December 3 the Odyssey Bookshop will host a **book signing with three children's book creators**: Jane Yolen, Jane Dryer, and Mordica Gerstein, at 2 p.m. For information call 534-7307.

Miriam Taylor Sajkovic will sign copies of her book **Visionaries of Our Times: An Introduction to Their Creative Legacy, at the Odyssey** on December 7 at 4 p.m.

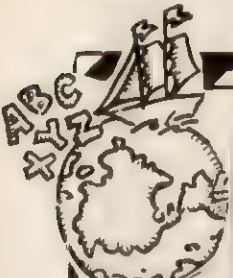
Also at the Odyssey, Jesse Larsen, co-author of **500 Great Books by Women: A Reader's Guide**, will appear December 8 at 7:30 p.m. For information call 534-7307.

Doug Anderson will read poetry from his new book **The Moon Reflected Fire** at the Zone Art Center on December 10 at 3 p.m. For information call 788-0182.


**Open poetry readings at the Black Sheep Café** in Amherst take place on the 4th Wednesday of every month. Call host Ted Melnechuk for details at 256-4650.

Amherst Writers and Artists certified workshop leader **Patricia Lewis Sackrey** offers Saturday writing retreats at her mountain home in Westhampton. For further information, call Patricia at (413) 527-5819.

**Submissions wanted** for the new Valley literary magazine. Short stories, poems, black-and-white drawings (copies only) to PO Box 540, Hadley, MA 01038. Include SASE for response.



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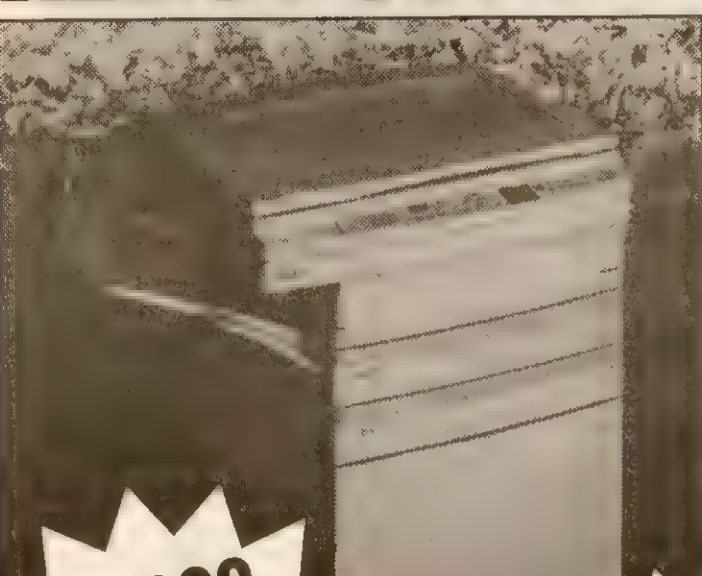
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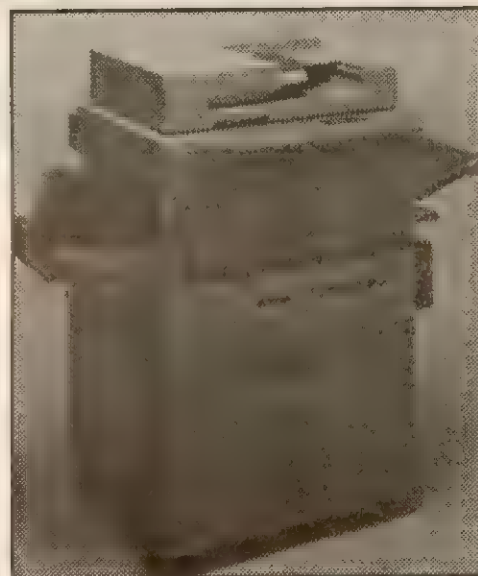
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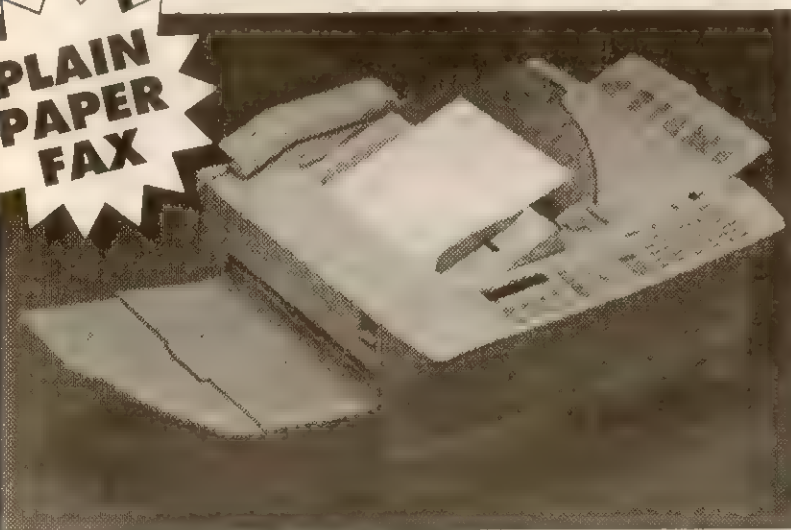
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# Emotional Fitness

by Tom Raymond, MSW

Dear Tom,

*I've been receiving letters from an "admirer." I have received so many, they border on harassment. I want to write back to tell him to leave me alone, but I don't want to encourage him. What should I do?*

— Scared to Look in the Mailbox

In the absence of real intimacy, some people will cling to a fantasy as if their life depended on it.

Your "admirer" can not afford, in the psychological sense, to confront the fact that he's alone. In order to avoid that unpleasant thought he "pretends" that there is someone out there with whom he can communicate. When you go to the mailbox, what you find waiting for you is his best attempt at a relationship. It's as frightening as it is irritating.

If you know this person, but haven't told him that his correspondence is unwanted, you should write or speak to him. Make it brief and to the point.

If you've already done this, instead of opening the letters, simply stick them in a manila envelope and write "return to sender" on the outside.

However, if this is not someone you know, or the letters are sexually provocative or threatening, you should turn them over to the police and let them advise you as to how to proceed. I would also

contact the police if he calls or tries to meet with you in person.

Chances are your would-be suitor is merely a marginal participant in the world of relationships, and not someone capable of doing you any harm. But that's not for you to decide. You've made your decision, and the answer is "no!"

If he doesn't understand what that means, your only option is to contact the proper authorities and let them try to get the message across.

Dear Tom,

*I find love a paradox between finding someone I get along with, and someone to fulfill my needs. The two aren't always the same. Will there ever be a middle ground?*

— Trying to Be Stuck in the Middle

Is "getting along" with someone not one of your needs? Assuming that it is, your question becomes, "can I find someone who'll meet all my needs?"

The answer, surprisingly, is yes. The catch is, you have to be careful about what you call a "need."

Couples have wants and needs. The wants are negotiable, the needs are not.

Someone may "need" to have sex, but "want" it to be once a day. The same differentiation must be made

about where to live, what size family to have, or what to do on Saturday evenings.

If one partner "needs" to live on a farm in Vermont, then they "need" to find a partner who shares their desire. On the other hand, if they "want" to live on a farm in Vermont but they "need" to spend a lot of time outdoors messing with tractors, there's room for compromise.

My suggestion is to make two different lists — one for your needs and one for your wants. If you can't imagine staying in a relationship unless such and such happens, then it's a "need." Otherwise, it's a "want."

When it comes time to negotiate, pull out your lists and go to work. That way you'll get what you need, even if you can't always get what you want.

Dear Tom,

*I'm a 45-year-old woman, and although my mother and I no longer fight, all it takes from her is a single word or an odd look and I feel the old animosity bubbling to the surface. Am I not as mature as I think I am?*

—Middle-Aged Teen

If you're no longer fighting with your mother, you're probably more mature than you think you are.

The truth is, no amount of acquired wisdom can compete against two decades of conditioning. The sound of our mother's voice is enough to put our body on alert, and then, depending on the words she speaks, cause us to feel soothed or agitated.

Some other 65-year-old woman can tell you your spaghetti sauce needs salt and you won't bat an eye. But when it's your mother, it will take all the maturity you can muster to stop from smacking her with the ladle.

You can't control what you feel, so give yourself credit for controlling that ladle. ★

Tom Raymond, MSW, is a licensed clinical social worker who provides individual, family, and couples therapy at his office in Northfield, Massachusetts. Direct your questions to: Emotional Fitness, Optimist Publications, 13 Old South Street, Northampton, MA, 01060.

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# Fish: Can Do's, Can Dont's

To most Americans, "fish" means canned tuna — we eat more than three pounds of it per person each year. Not only is canned fish — from tuna and salmon to sardines and shrimp — a convenient way to add fish to your diet, but it provides the same health benefits as fresh fish, being relatively low in calories and rich in high-quality protein, B vitamins, potassium, and sometimes even calcium. Canned fish can also be low in total fat, but at the same time a good source of omega-3 fatty acids, types of polyunsaturated fats that may lower the risk of coronary artery disease.

## Here are some pointers and practical tidbits:

•**Skip the oil.** Surprisingly, it doesn't make much difference whether you choose white or light tuna, or solid or chunk. What the tuna is packed in does matter, though. Choose tuna packed in water, not vegetable oil (usually soybean, though canola and olive oil are also available). Even if you drain most of the added oil, what's left behind can increase the fat content of the fish three- to fivefold and the calorie count by more than 50%.

•**Omega-3s.** Canned salmon, sardines, and herring contain more omega-3s than canned tuna (an ounce of sardines or herring has more omega-3s than most fish-oil capsules). White tuna has slightly more omega-3s than light. Tuna in water has about the same omega-3 content as tuna in oil. But draining the water removes almost no omega-3s, while draining vegetable oil removes 15 to 25%, since these fatty acids are oil-soluble. That's another reason to choose water-pack tuna.

•**Sardine and herring variations.** Compare the labels, since brands of sardines and herring (like many other fish) vary in their fat and calorie content. Companies may pack different species and fish of varying sizes or from different locales

(those from colder water will have more fat), as well as add various ingredients. The difference between two cans of sardines or herring (even if they're both packed in the same kind of sauce) can be vast—they can have anywhere from 2 to 20 grams of fat in 3 ounces. Canned sardines or herring packed in water may contain as much fat, or even more, than those in oil, since these fish are fatty to begin with. Sardines packed in tomato or mustard sauce may contain lots of added oil. Sardines packed in their own oil, called "sild," have some additional omega-3s, but often other added oil as well.

•**Cholesterol.** This isn't an issue with most canned fish. Most contain 20 to 50 milligrams in 3 ounces — less than meat or poultry. Sardines are an exception, with 100 milligrams or more in 3 ounces of some types, and shrimp usually have about 140 milligrams in 3 ounces, but they're still healthful choices.

•**Choose fatty fish?** It's a trade-off: fatty fish like sardines contain more total fat, but also more of the heart-healthy omega-3 fatty acids.

•**Boning up.** If you're trying to consume more calcium, eat the bones in canned sardines and salmon. The bones are softened when cooked during processing. A 3-ounce serving usually supplies about as much calcium as a glass of milk.

•**More salt than the sea.** Canned fish is usually high in sodium, containing as much as 10 times as much as fresh fish. If you're trying to cut down on sodium, choose "low-salt" or "no added salt" varieties. Draining the water removes a fair amount of salt; draining the oil removes less. To avoid paying a premium for no-salt tuna, you can remove most of the sodium yourself by rinsing water-pack tuna in a strainer.

•**Mercury.** Recent surveys by the FDA and others have found that the mercury content of tuna is generally too low to cause concern. Still, to be safe, pregnant women should probably eat tuna — actually any fish — only once or twice a week.

## Fishy statistics

The nutritional values for canned fish range widely, as this chart shows. Thus it is important to compare labels.

TYPE (3 ounces, drained)	CALORIES	FAT (g)	SODIUM (mg)
<b>Tuna</b>			
White or light, solid or chunk, water	80 - 90	1 - 2	350 - 400
White or light, solid or chunk, oil	130 - 170	5 - 9	350 - 400
Chunk white, water, low-salt	80 - 90	1 - 2	40 - 60
<b>Salmon</b>			
Red	150 - 170	8 - 10	350 - 420
Pink	130 - 150	6 - 8	350 - 420
Sardines	90 - 260	2 - 20	75 - 750
Gefilte fish	70 - 90	3 - 5	300 - 450
Oysters, water or oil	55 - 17	2 - 9	290 - 400
Herring	95 - 220	3 - 17	400 - 1,500
Clams	115 - 125	1 - 2	95 - 450
Shrimp	90 - 100	1 - 2	100 - 1,000
Anchovies, in oil	90 - 180	3 - 12	3,000 - 3,500



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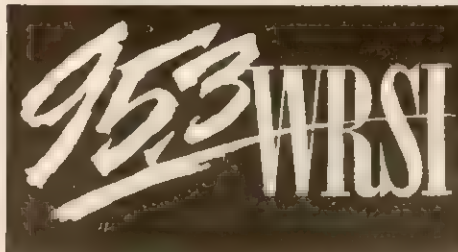
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# HOOPS!

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*The Voice of The UMass Minutemen*

**W**hen you're an up-and-coming team — no matter what the game, or what level of the game you're playing — the way to make your name is to beat someone who's just better than you are. That's how the UMass Minutemen made their name in the early '90s: beating Colorado in Denver, reaching the NIT Final Four in 1991, winning the Great Alaska Shootout, beating a then-unbeaten Oklahoma team in Springfield, breaking the 21-game winless streak against Temple, making the NCAA Sweet 16 in 1992. It's at the point now where there are indeed few worlds left to conquer for John Calipari's Minutemen — a point underscored this past Friday when UMass blasted defending national champion Arkansas, 104-80, in the Starter Tip-Off Classic.

While the #1 ranked Razorbacks were unquestionably not ready (or not motivated) to play the game, the outcome was hardly in doubt for the Minutemen, who broke away from a narrow 21-19 lead with a 23-6 blitz late in the first half. Their halftime lead was 16 points, ballooning to 28 with 13 minutes left to play, and even though Arkansas would shave the lead to only 13 points, UMass sealed the win with 28-for-33 free-throw shooting in the second half. It was as thor-

ough a dismantling of an opponent as delighted UMass fans could hope for, but it still begged the question: what made the Minutemen so good, so early in the new bas-

ketball season? help from his teammates) limits Williamson to only 15 points on the night. Donta Bright, easily the most improved UMass player over last year, added 24 points and 8 rebounds,

may have just catapulted the Minutemen from their #3 national ranking into the top spot overall.

In this decade of the '90s, and with their powerful showing on Friday night, the UMass Minutemen have realistically accomplished nearly everything that's good, positive, or desirable about the college basketball experience. It may be a bold declaration, especially after only one game of a

**Was it the national TV lights which helped Roe elevate his game, or some ill-advised comments by Corliss Williamson which ended up on UMass' locker room blackboard?**

ketball season?

There are a few good answers: from the moment he outfought Arkansas' Clint McDaniel for the basketball on the game's opening tip, and took it in for an easy dunk, UMass' Lou Roe controlled the action to the tune of a career-high 34 points and 13 rebounds. Was it the national TV lights which helped Roe elevate his game, or the challenge of playing the defending NCAA champs, or some ill-advised comments by Arkansas All-American Corliss Williamson which ended up on UMass' locker room blackboard? All of the above, perhaps: Roe's defense (with

and penetrated the Razorbacks' zone defense at will. Foul-plagued Marcus Camby was held to only 17 minutes, but managed a double-double in his brief outing, with 13 points and 12 rebounds. Guards Derek Kellogg and Edgar Padilla withstood Arkansas' frantic pressure defense; Carmelo Travieso came off the bench to stick two key 3-point shots; and freshman forward Inus Norville held his own among the wide bodies up front. Wherever John Calipari looked Friday night, someone was giving a significant contribution; and that kind of "total team effort," a trite phrase but never more appropriate than in this instance,

brand-new season, but just consider what they've already done and what's left to do. All that remains is a good long stay in the NCAA tournament, progress beyond the Sweet 16 (their high-water mark to date), and contention for a national title. The Minutemen haven't negotiated the process without difficulty or adversity, but they've passed the point of needing unexpected wins over big-time opposition to establish their quality and their reputation. Just ask the Arkansas Razorbacks.

George Miller is Sports Director for WHMP AM/FM. Listen to all UMass basketball games on WHMP. ★

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Sincerely,  
Ray Cutler  
District Manager  
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# HOOPS!

Vital Statistics  
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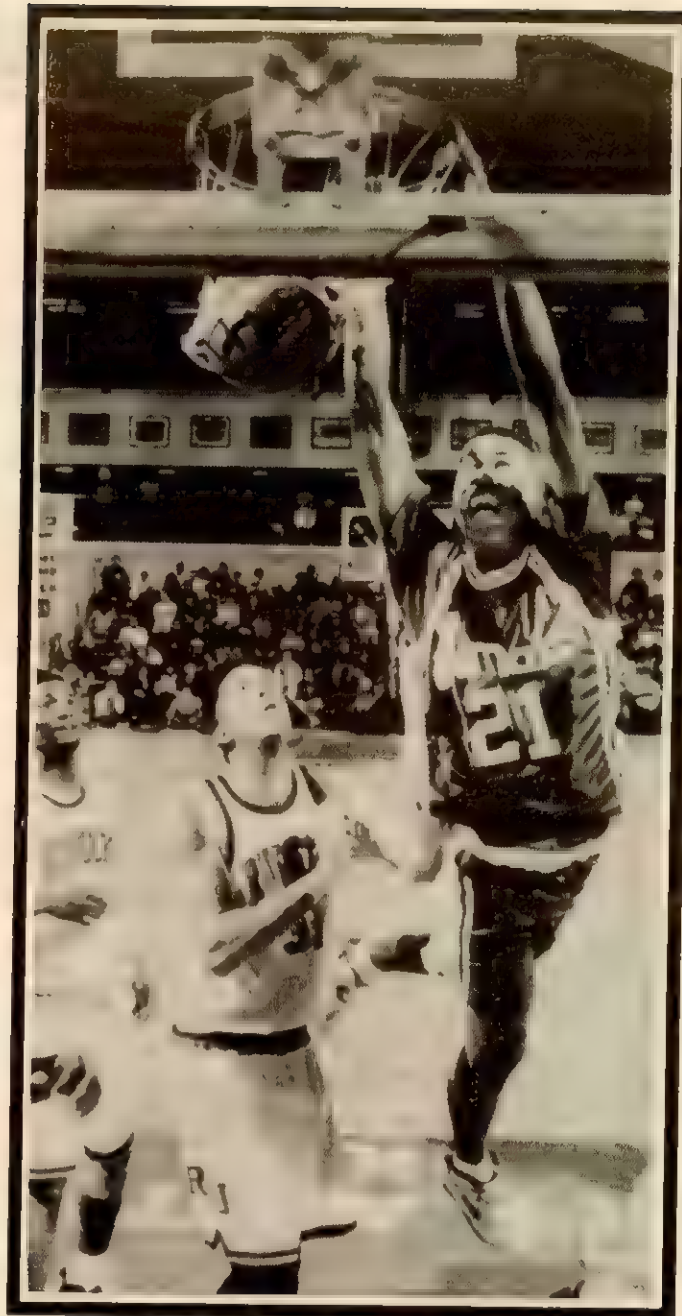
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- WON 5 A 10 FRESHMAN OF THE WEEK AWARDS
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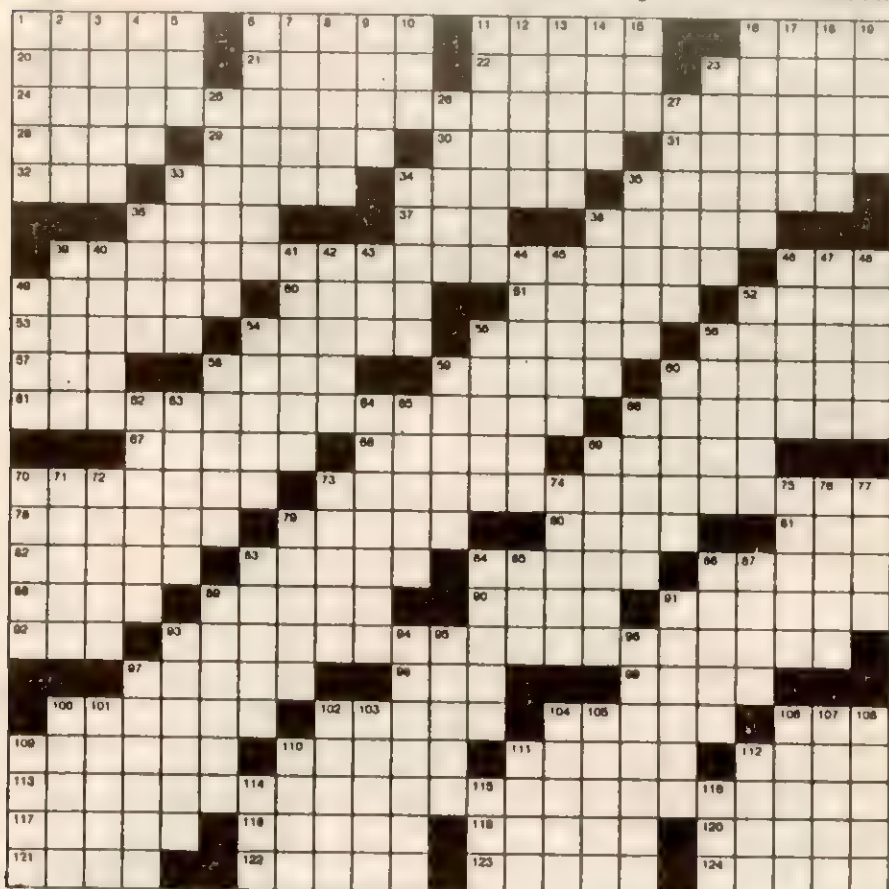


— Hanna Howe

ALL INFORMATION CONTAINED HEREIN IS UNCLASSIFIED



Edited by Charles Preston



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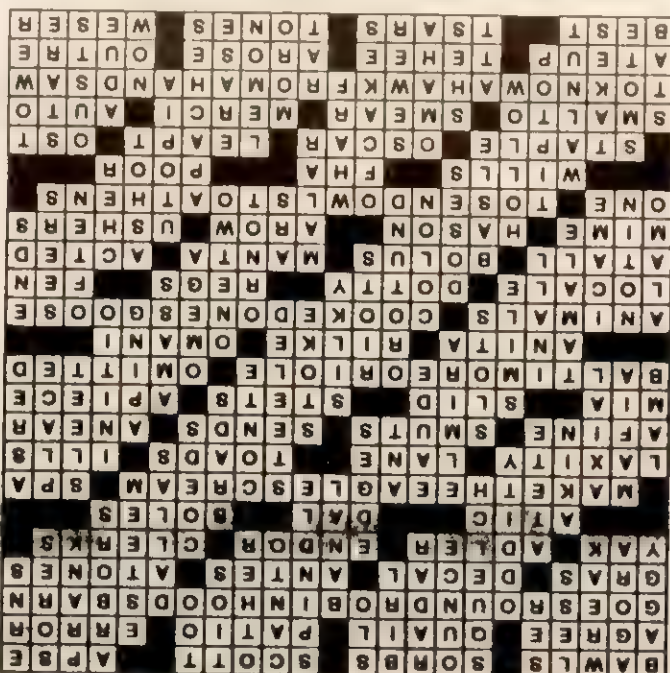
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DOWN

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- 103 Dorcas, e.g.
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- 106 Unseats
- 107 Fixed look
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- 109 A try
- 110 Females
- 111 Philippine Muslim
- 112 Together: music
- 114 Lawyer abbr.
- 115 Hairpiece
- 116 Today



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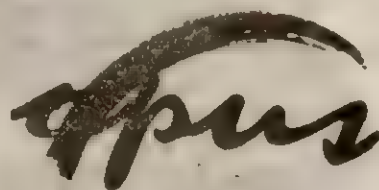


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# news • of • the

# WEIRD

by Chuck Shepherd

## LEAD STORIES

On the same day (Oct. 17), the federal government announced it would reduce funding, by \$55 million, for food banks and other programs that feed poverty-stricken Americans, and spend \$47 million in new funds to create make-work jobs and job training for the much-reviled Haiti police force.

Early in the morning on Oct. 30, a man described by the *New York Daily News* as a "career criminal" was apprehended in the middle of a burglary at an upscale Fire Island, N.Y., home. The residents had arisen to check out noises in the house but found no one. However, in the vicinity of a closet door, they heard flatulence and discovered Richard Magpiong, 56, hiding in a closet. They held him until police arrived.

## WELL-PUT

Atlanta police Det. Chris Brown, commenting in July on the haplessness of a bank robber who walks with the aid of a cane and who gave himself up with no resistance immediately after the chemical dye pack in his money bag exploded outside the bank: "I don't think he had a plan."

Mike McElroy, making an appeal to the West Lake Hills, Texas, City Council in August of the benefits of his being allowed to keep his pet donkey, Pearl, at his home

despite regulations against it: "[This] is a great opportunity for our kids and other kids who come to see us to be able to recognize and identify manure, which will help them in the future. Children need, at an early age, to be able to identify manure."

Adoption agency official Mary Graves, in a Doylestown, Pa., case in which a girl had been taken from her father after the mother passed away, testified in August that she favored keeping the girl with the adopted family. With her father, Graves said, "She would have none of the benefits but all of the disadvantages of a mother who is dead."

A New York City Transit Authority spokesman, describing in August how his agency would handle female toplessness in subways after a state court ruled that women had the same public nudity rights as men: "If [the topless females] were violating any other rules, like sitting on a subway bench topless smoking a cigarette, then we would take action."

James A. Kowalski, following his conviction on child sexual molestation charges in Prince Frederick, Md., in July: "I can't help myself. If I could stop, I would. It's no fun being the slimy underbelly of human sexuality."

In a July article, the *Daily Oklahoman* newspaper quoted state Sen. John Monks as once arguing, while defending the "sport"

of cockfighting, "The first thing the communists do when they take over a country is to outlaw cockfighting."

One issue on the ballot in San Francisco this year was an initiative on whether a subway station should be constructed inside the San Francisco International Airport, or just outside the airport boundary. In April, a local judge rejected a complaint about the poor taste of one ad placed by the "inside" advocates — an ad arguing, "Taking [the train] almost into the airport is like not coming."

Columnist Emil Guillermo, writing in *Filipinas* magazine last fall, urging Philippine-Americans to come out of the closet regarding their appetite for dog meat: "Whether you have eaten it or not, deep down you know you'd eat it. Yet that restrictive idea of 'when in America, do as Americans do' prevents us from outright declaring, 'Mmmm, I prefer my German shepherd baked and my cocker spaniel sautéed.'"

Christine McKatherine, 43, who staged a 24-hour civil-rights protest inside her car on a Chicago street in August after the car was immobilized with a Denver boot for having 115 unpaid parking tickets: "I'm tired of people getting harassed in Chicago."

In a prepared statement released in September, the British firm Proteus

International, manufacturer of a new chemical neutering drug for animals, said the product works by stopping sperm production. "It also shrinks the testicles," the firm stated, "but arguably it is better to have shrunken testicles than no testicles at all."

U.S. Sen. Bob Packwood, describing his experience with girls as a teenager: "I'd ask girls out and they'd turn me down, and so finally it got to the point where you didn't want to be rejected. And so you just didn't ask."

## THE WEIRDO-AMERICAN COMMUNITY

In September in Pittsburgh, Dewitt Smith, 46, received a five-to-ten-years sentence for aggravated assault for a 1992 incident in which he broke away from courtroom marshals and bit his judge, Walter R. Little, on the face, sending him to the hospital for stitches. Smith said he "did not understand" what he was doing, because of "voices."

## LEAST COMPETENT CRIMINALS

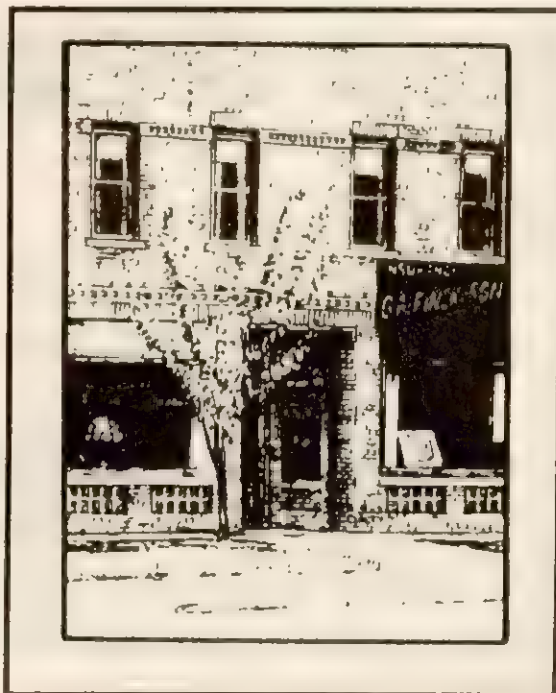
According to the sheriff in Martin, Ohio, two or more burglars unsuccessfully attempted to break into the safe at W&W Custom Applicators Inc. at 4 o'clock one morning in October. They rolled the 4-foot-high, concrete-lined safe outside and used a front-end loader to smash it against the side of a building to open it. The safe crashed

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## NEWS OF THE WEIRD

through the wall but did not open. Then they smashed it against the side of a utility trailer, with the same result. Then they placed it on nearby railroad tracks so that a Conrail train could plow into it, but the train pushed it along the tracks, far out of the sight of the burglars. The burglars then fled, nearly empty-handed. (They had remembered to loot the petty cash box at W&W.)

### UNDIGNIFIED DEATHS

In October, after an evening of drinking with friends, Christopher Millwood, 20, was found dead with his head, shoulders and upper body wedged into a Federal Express drop box in Hot Springs, Ark. Police, who knew of no motive for the incident, said Millwood suffocated when his head got caught between the box and a drawer inside.

### THE LITIGIOUS SOCIETY

According to Department of Justice figures, 30,000 inmate lawsuits were filed last year (added to heavy backlogs — more than 28,000 in New York alone) against prison officials for "civil rights" violations, the vast majority described by judges and court officials as frivolous. Among the lawsuits were those by prisoners complaining: that the prison canteen supplied "creamy" peanut butter when a prisoner bought "crunchy"; that guards wouldn't refrigerate his ice cream snack so that he could eat it later (\$1 million lawsuit); that his toilet seat was too cold; that, as an inmate-para-legal in the prison law library, he should make the same wage that lawyers make; that prisons should offer salad bars (\$129 million); that a limit on the number of Kool-Aid refills is "cruel and unusual punishment"; and that the scrambled eggs were cooked too hard. In

New York, 20 percent of the entire budget of the Attorney General's office is spent on prisoner lawsuits.

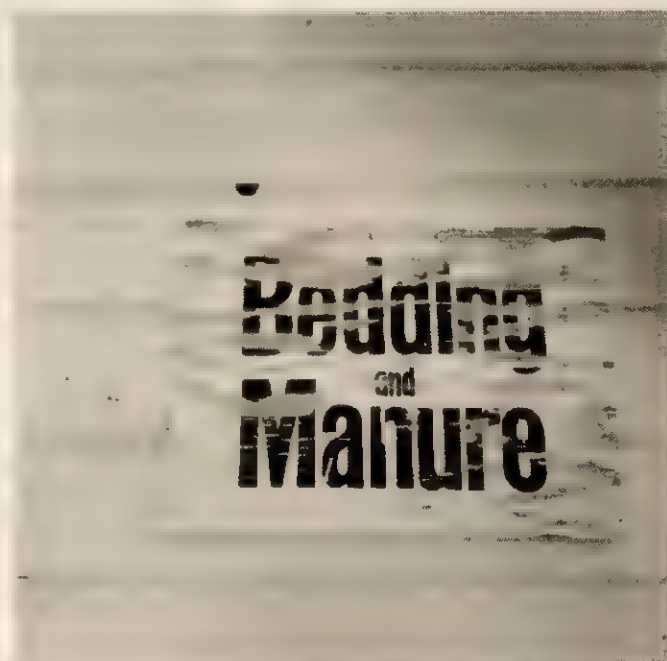


photo Tobey

Amil Dinsio, 58, filed a \$15 million lawsuit in May against the United Carolina Bank in Charlotte, N.C., from his federal prison cell in Loretto, Pa., where he is serving four years for robbing the bank in 1992. Sentencing guidelines call for consideration of the amount of money involved in the robbery, and Dinsio accused the bank of fraudulently inflating the amount, resulting in his spending an extra 16 months in prison.

Janet S. Robinson filed a lawsuit in Roanoke, Va., in April, asking \$100,000 in damages for an ankle injury she suffered when hit by a truck. The truck was a remote-

controlled toy truck operated by another customer at the Kay-Bee Toys store at Valley View Mall. Robinson called her injury "seri-

ous" and the consequences of the accident "pain, humiliation, aggravation, and disability."

Former Durham, N.C., police officer Bernard Bagley filed a lawsuit in July against the police department, asking \$3 million. Bagley is serving two life sentences for shooting his wife to death with his service revolver, and now says the department should not have issued him a gun, since he was suffering from anxiety attacks.

In July, ex-student Jason Wilkins sued the University of Idaho for \$940,000 to pay for injuries he suffered when he fell through a third-story dormitory window while

moonlighting students. Wilkins had climbed onto a 3-foot-high heater to reach the window but claimed the university should have posted warnings.

In August, comedian Jackie Mason told reporters he had filed a \$25 million lawsuit against the five theatrical groups responsible for Broadway's Tony awards because they had failed to nominate him in any category. He claimed that the lack of recognition for his one-man show *Jackie Mason: Politically Incorrect*, was "an abridgment of my rights as a human being."

The Missouri Pacific Railroad announced in August that it had paid an undisclosed amount of money to the families of a Mexican couple to settle their wrongful-death lawsuit. The two undocumented immigrants were hit by a train and killed when they stopped on the tracks near McAllen, Texas, to rest. Law enforcement officials said such immigrants often rest on railroad tracks where they are safe from border patrol heat sensors.

In October, Carla S. Koch filed a lawsuit in Cheshire, Conn., against the municipal dog-obedience school for an incident last year in which she slipped in a puddle of dog drool and broke her ankle. She said the school should have had a mat on the floor.

### PEOPLE WITH TOO MUCH TIME ON THEIR HANDS

In April, University of Toronto English professor Eleanor Cook was awarded grants totaling around \$85,000 (U.S.) to spend the next 2 1/2 years studying "the structure and function" of the riddle. Said Cook, "I want to think about long-term patterns in riddles," and the long-term decisions in our lives.

continued on page 36



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## NEWS OF THE WEIRD

During the third week in June, reporters in Huntington, Ind., and Providence, R.I., coincidentally published features about local collectors of outhouses. Huntington's Hy Goldenberg collects actual privies, and now has 12, but Virginia Williams collects only photographs of them, of which she now has about 100.

Among current course selections at Oregon State University's Food Science and Technology department is a one-credit class, "The Maraschino Cherry." Among the lecturers were two retired professors who returned especially to talk on the history of the maraschino cherry. Said course professor Ron Wrolstad, "I think the students were just awed to have these professors there."

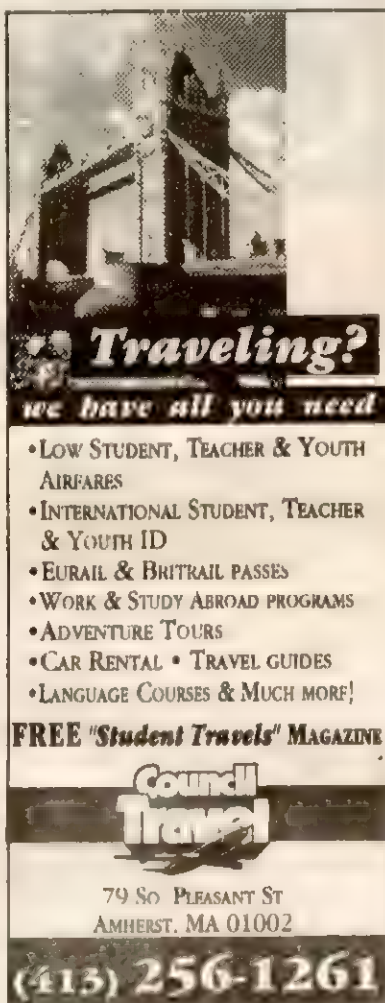
The Los Angeles Times reported in July that engineer Walt Netschert has invented a smokers' hat with a facial apparatus that he says completely filters the noxious elements out of cigarette smoke before it is released into the air. A filtering locker, which is about 6 inches square by 3 inches high, cleanses the smoke and is strapped onto the smoker's forehead. A clear plastic shield drops down in front of his face to trap the smoke, which is then drawn up into the filter. Netschert, who has smoked for 40 years because cigarettes calm his nerves and who

calls nonsmokers "FAFs" — "Fresh Air Freaks" — hopes to sell the hats for \$79.95.

### THE WEIRDO-AMERICAN COMMUNITY

In August, a San Francisco insecticide company sponsored a contest to demonstrate its pest control prowess and selected as its winner the home of Rosemary Mitchell, in Tulsa, Okla., as a sufficient challenge. Entomologist Austin Frishman, a.k.a. television's Dr. Cockroach, began work on the home after estimating that 60,000 to 100,000 cockroaches lived there. Mitchell said, "I keep a pretty clean house," but admitted she had to check the bed thoroughly every night and shake the shower curtains off every morning. Frishman said he has seen a lot worse and rated Mitchell's house only a "3" on a scale of 1 to 5.★

— Universal Press Syndicate



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10AM TO NOON	<b>FOOD FOR THOUGHT</b> A PROGRAM FOR ANYONE WHO ENJOYS FOOD	CARL ABE (UNTIL 11:30) WITH 10:45 PRELUDE UNTIL 11:30	CHURCH (10:30) POLKA SUNDAY
NOON TO 1PM	<b>INFORMATION HOUR</b> LIFESTYLE FEATURES PLUS HEAVY LOCAL NEWS	S P O R T S	(11:30)
1PM TO 3PM	<b>BRUCE WILLIAMS</b> AMERICA'S FINANCIAL AND BUSINESS ADVICE TALKSHOW HOST	S P R O G R A M M I N G	S P O R T S
3PM TO 6PM	<b>DAVID BRENNER</b> COMEDY TALK AND SPECIAL GUESTS		
6PM TO 7PM	NEWS & SPECIAL PROGRAMMING		
7PM TO 10PM	<b>TOM LEYKIS SHOW</b>	T A L K	SOUNDS OF SINATRA (6-8) ON LINE TONIGHT (8-10)
10PM TO 2AM	<b>BRUCE WILLIAMS</b>	K N E T	TALK
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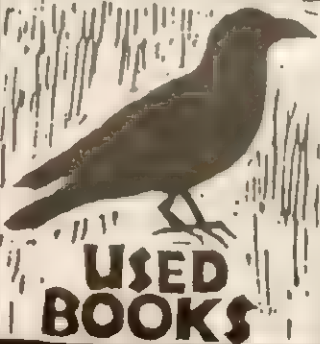
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**AMHERST WOODS** This 4 bedroom Colonial has all the features — large family room with fireplace, dining room, master bedroom with whirlpool tub and private outdoor balcony, cherry kitchen, hardwood floors, and a wrap-around porch. Practically everything needed.  
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**LEVERETT** Wonderful 9 room, 4+ bedroom Contemporary Farmhouse with 2 1/2 baths, farmer's porch and gazebo. Lamo Euro kitchen and many other features. Abuts walking trails and waterfall. Scenic view. Minutes to UMass.  
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**AMHERST** Everything done to a "T"!! Lovely Ranch-style home with 2 bedroom and room for a third, 2 baths. Walkout lower level with finished rooms. All gas. Central air conditioning.  
**\$165,000 (A611)**



**CONWAY** 4+ bedroom Cape situated on idyllic country setting complete with stream fed pond with separate rental unit and workshop or studio. A must see!  
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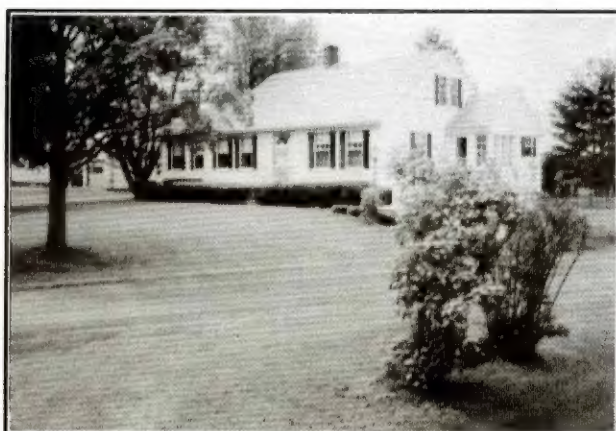
**AMHERST** Stunning Contemporary design. Sunken living room, cathedral ceiling, skylights. Large deck off living room, dining room, and master bedroom. 4 spacious bedrooms, 2 1/2 baths. Energy efficient home located on a cul-de-sac in Amherst Woods.  
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**ASHFIELD** Charming 1764 Restored Farmhouse on 100+/-, some 40 acres cleared, featuring 5 bedrooms, 4 baths, 2 horse stall, with 3 more available, screened in porch, 2 decks/patios, ponds, trails, view. 2 fireplaces and an extra flue for a woodstove. Offered at  
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